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PEEL WEEKLY NEWS

MISSISSAUGA | BRAMPTON | CALEDON

Feb. 25, 2021

**Brampton Beast
ceases
operations due
to COVID-19**



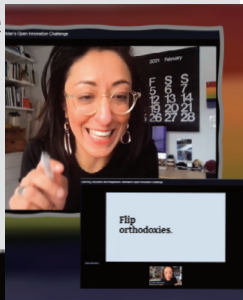
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capital works
part of Caledon
budget**



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reimagines
learning with
SDGs, not ABCs**



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**New arts and
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established in
Brampton**



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*Driven to Create:
Christine Long
and Del Foxton*



► LIFESTYLE Pg 26



by E.A. Kerr

Peel councillors weigh in on COVID-19, future direction for local projects

Mississauga Ward 1 councillor Stephen Dasko (right) and Mayor Bonnie Crombie unveil a "Quiet Street" sign last summer, as part of an initiative to promote pedestrian-friendly walking spaces in the south end of the city. Councillors who spoke with Peel Weekly News this week spoke about their challenges and successes during the pandemic.

Nearly a year after the first COVID-19 lockdown was initiated in Ontario, the pandemic has brought challenges — and unique opportunities — to the various wards that make up Peel Region.

As Peel readies for a presumed partial reopening that could occur as early as next week, Peel Weekly News will feature a series of feature stories focusing on each Ward in Brampton, Caledon and Mississauga, and how life has changed since the onset of the pandemic.

The first thing to be mentioned is the vast difference in size each municipality is. Caledon has the largest land mass in Peel, and its size equals both Brampton and

Mississauga combined, alongside a population that is approaching 80,000, which has prompted dramatic discussions over its growth potential and regional representation.

Brampton, with over 600,000 residents, is the ninth largest city in Canada, while Mississauga ranks at the sixth spot.

Each municipality has dealt with unique and varied challenges as they have navigated the pandemic this past year, including challenges maintaining essential services, dealing with resident concerns and supporting non-profits through the difficult winter months.

Christina Early represents

Ward 2 in Caledon — one of five wards in the area.

Early represents the southwest part of Caledon, bordering onto Brampton, and her family has roots in the Town dating back to the early 1900s.

Elected in 2018 to her first term, Early has spent the past year working to ensure that residents get the support and services they need during the pandemic, while also dealing with pressing concerns like speeding motorists.

"None of us are soon to forget the world pandemic... while our lives stopped, the work of Council and the municipality just kept on going," said Early.

Continued Pg 8



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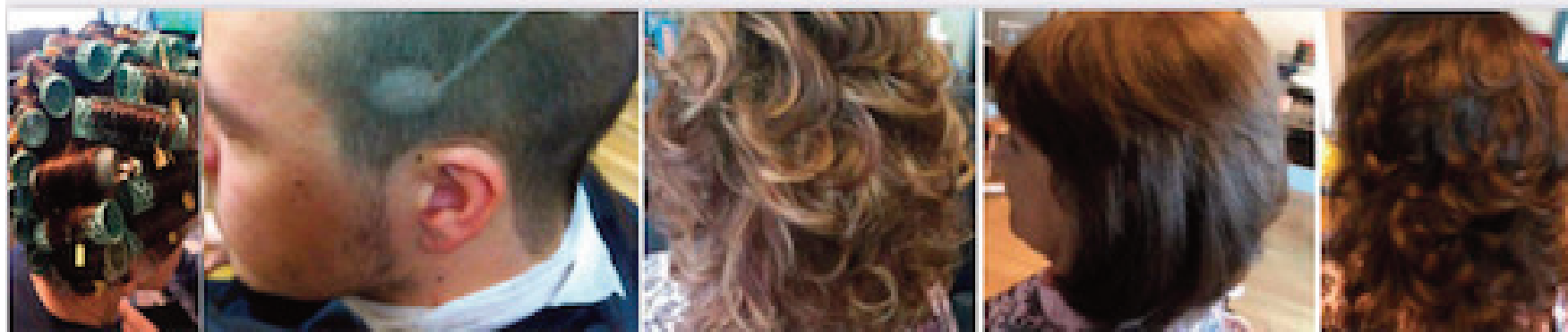
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Brampton hockey team ceases operations due to COVID

by Alex Gregory

The Beast has fallen.

Brampton's major professional hockey team, the Brampton Beast, announced late last week that it has ceased operations, citing challenges caused by the COVID-19 epidemic.

The Beast, which debuted in 2013 and operated as one of two active Canadian teams in

the ECHL (East Coast Hockey League), had previously opted out of participating in the 2021 ECHL season, following a shutdown caused by the pandemic last year.

The team, which operated out of the CAA Centre for seven seasons, served as an affiliate for several teams during its lifetime, including the Montreal Cana-

diens, Tampa Bay Lightning and Ottawa Senators.

In an interview with Peel Weekly News this past weekend, general manager Cary Kaplan said the decision to cease operations was made on Feb. 17, and was "contemplated for a while" due to the challenges associated with the pandemic. "It didn't seem

like there was a path in the current situation," said Kaplan, noting that the Beast was the first team in the league to make the announcement and that the pandemic had affected a total of three seasons of potential play. "We're the first domino... but we hope we're the only domino."

While Kaplan noted that the fran-

chise was in good shape before the pandemic, with new management and the opportunity to win a championship, the realities of the pandemic and the impact to the local travel and tourism industry on ticket sales forced the team to take a hard look at its future.

"People are reluctant to make any decisions for the next year," said Kaplan, indicating that the team usually sold a large amount of group tickets early in the year for the upcoming season, but uncertainty impacted those sales. "We're a relatively small team, and we can't sustain not playing for so long."

The ECHL's 2021-22 season is

still scheduled to go ahead on Oct. 22 with 27 teams taking part, including a pair of newly established expansion teams in Quebec and Iowa.

Kaplan said that the team and management had received hundreds of letters and messages of support from fans and local advocates, and that he is proud of what the team had accomplished, pointing to collective attendance of over 600,000 visitors and strong visibility in the city's sports scene.

"I'm hopeful that hockey at a high level comes back to Brampton when this is over... we're proud of the (games) we put on," he said. "You just have to wait it out."



Council mounts official opposition to GTA West highway

Councillors in Mississauga took a stand Wednesday morning against a proposed highway that would cut through the city.

City council voted to approve a motion, raised by Ward 5 councillor Carolyn Parrish, which strongly opposes the construction of the GTA West Highway (Highway 413), a toll highway which would cut through sections of the Greenbelt and Credit River in Caledon.

The proposed highway would have a disastrous impact on the environment, en-

courage residential sprawl and increase dependence on cars, said Mayor Bonnie Crombie. "We've been so dedicated to trying to combat these issues, so we could not longer simply stand idle. Too many experts and organizations have come out against this planned highway, and today we stand with them."

Last October, the province outlined its "preferred route" for the highway, which would run 50 kilometres and pass through parts of Caledon

(Bolton/Mayfield West), before dipping south to cut past the Credit River into Halton Hills.

Advancing the GTA West corridor would reduce travel times for drivers and support economic growth and job creation, Minister of Transportation Caroline Mulroney said last year while announcing the province's preferred route.

"The GTA West Corridor will help alleviate traffic congestion and improve the movement of people and goods across the

province," Mulroney said at the time.

Opposition has mounted over the winter, with various groups and organizations objecting to the environmental impact of the highway on the Greenbelt and expense to taxpayers.

In a statement, the city said that their motion would be forwarded to all appropriate parties, including Premier Doug Ford, Mulroney, Minister of the Environment, Jeff Yurek, and local MPPs regarding their concerns.

Brampton man under arrest for attempted murder

21 Division's Criminal Investigation Bureau have arrested a Brampton man in connection with an attempted murder incident that occurred this past weekend.

Authorities were called to a property on Newbury Crescent Saturday afternoon, around 1 p.m., and located a female victim with a stab wound.

The woman was transferred to a trauma centre and remains in stable condition.

The suspect, later identified as the victim's

son, fled the area on foot and was later located and arrested.

29-year-old Prateek Mann, of Brampton, was arrested and charged with three counts of breaching probation and one count of attempted murder.

Mann appeared in Brampton court on Feb. 21 for a bail hearing.

Anyone with information on the incident is asked to call 21 Division at (905) 453-2121, ext. 2133.

STAY IN TOUCH

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A Strong Case for Mississauga To Enter The Red Zone



Peter Whitaker
Publisher

Earlier this week, I came across a very interesting piece being discussed by my friends Colin Tyler and David Wojcik.

This was regard a press release from Feb. 19 that Colin shared, and it conveys the feelings of many (if not all) small businesses this month.

The release states that the Mississauga Board of Trade (MBOT) was "very disappointed" with a decision to extend the provincial lockdown, and called it "totally unacceptable."

Speaking out against the decision to extend Peel's stay-at-home restrictions through at least Feb. 30, the board said the move would further impact local businesses already struggling to survive.

"The province has let down hundreds

of businesses in Mississauga after clearly stating the path to re-opening would start on Feb. 22," Wojcik said.

"(This) announcement has sent a devastating message to responsible small businesses that they are not valued and respected in today's Ontario economy."

Wojcik says MBOT has been very active advocating for responsible and safe business re-openings, particularly as COVID numbers have plummeted Mississauga.

The province set a precedent for allowing municipalities to open separately, when it allowed the City of Windsor to open even though Windsor-Essex had exceptionally high numbers.

MBOT's statement stresses that it "may be for Mississauga to break away from

Peel's numbers," saying that it has suffered by being lumped into the region's statistics.

"If COVID doesn't know boundaries, why are York and Halton, who are our neighbours opening, while our businesses pay the price," said Wojcik, who indicated that the province set a precedent by allowing municipalities to open separately, such as allowing the City of Windsor to open when Windsor-

Essex had exceptionally-high case counts.

The announcement means that business like restaurants, personal care businesses, fitness centres and many other indoor business activities continue to be closed. These businesses are crucial to Mississauga's economic recovery, says Wojcik.

"We call on the province to provide immediate, new direct funding to support these

businesses to stay alive. They should not be punished any further because the Government has decided they should be closed and continue to pay the price for the COVID pandemic... ultimately, business owners and their workers are the collateral damage from misalignment between regional public health units and different orders of government. This has to stop."



Pearson flyers fined over failure to isolate

by Alex Gregory

Several travellers arriving at Pearson Airport have been fined \$880 after refusing to follow provincial directives regarding quarantining at a hotel for three days.

The wave of fines, revealed by Peel Police Wednesday evening, comes on

the back of new regulations that require international travellers arriving at Pearson to quarantine at a hotel for three days at their own expense.

According to a statement by the force, most travellers who were involved in a dispute over quarantining resolved the situa-

tion after a discussion with others, while others were fined for refusing to follow the rules.

Despite this, police said that travellers would not be detained if they broke a quarantine rule — unless it involved a criminal offence, citing that the Public Health Agency of Canada

held jurisdiction over any fines related to federal quarantine procedures.

Dr. Lawrence Loh, Peel Region's medical officer of health, said that the fines were "unfortunate" during a press conference in Brampton, while Brampton Mayor Patrick Brown referred to those choosing to ignore restrictions as "selfish."

In a statement Wednesday, the Public Health Agency of Canada said that travellers are legally obligated to follow the instructions of screening or quar-

antine officers at airports through the 14 day mandatory self-isolation period, and can face fines or imprisonment for failing to follow instructions.

Currently, travellers entering the country must isolate for three days at a government-approved hotel at their own expense, though according to some reports, rates at certain hotels are far less than the apparent cost — of up to \$2,000 — that travellers would have to pay for the three-night period.



Opinion

Bill C-22 demands further details over vague statements



**Surjit Singh
Flora**

Column

Last week, the Liberal government introduced Bill C-22, which would amend the Criminal Code and the Controlled Drugs and Substances Act in Parliament. The bill is intended to reform the criminal justice system to eliminate minimum penalties for various crimes.

At the heart of these reforms is the Supreme Court of Canada's decision on *R v Nur*, 2015 SCC 15. The verdict in the case included comments on the minimum sentence's constitutionality for weapons-related offences.

In 2008, the Conservative government made it mandatory for judges to impose a minimum sentence on those convicted of a crime.

The Harper gov-

ernment's stance was to adopt a 'tough on crime' approach.

It's essential to keep in mind that the bill introduced by the Liberal government last week follows their political strategy, just as the bill passed in 2008 represented the Harper government's approach.

Despite the political differences, it has to be acknowledged that drug and weapons reform is a matter of time, and in this context, Bill C-22 is to be welcomed.

When considering this bill, it is also important to keep in mind that abolishing the minimum sentence does not mean that the punishment for an offence will be repealed.

Peel Weekly News has learned from those familiar with the law that this only means that the judge may avoid a minimum sentence in some cases, but in legitimate cases, the penalty will be in

the hands of the judge.

This means that after this bill's passage, judges will be free to take a flexible approach in making their decision instead of being forced to decide under the two rules.

After all, a judge's job is to make decisions as a judge, not as a subject.

The bill embraces the notion that drug abuse in society should be seen as a health and social problem rather than a crime.

The bill focuses on treating a drug addict rather than punishing an offender and allowing courts to focus their time and resources on those who pose a threat to society rather than on petty drugs.

However, the cost of treatment is much lower than the cost of keeping a person in jail.

Justice Minister David Lametti claims that the Liberal government has taken steps to

address the Black and Indigenous communities' overcrowding in the Canadian criminal system. The figures also support the over-participation of blacks and Indigenous peoples in the Canadian justice system.

According to a report by The Office of the Correctional Investigator, the total number of inmates in Canada has not increased much over the years. But a little research shows that although the statistics have not changed, the number of people who have been statistics victims has undoubtedly changed.

While Canadians of European descent had an 8.5 per cent drop in incarceration rate, black communities and Indigenous people had 13.7 per cent and 43.4 per cent more incarceration, respectively. These figures are from 2006 to 2015.

The question is

whether the heart of the Liberal government is where they have their minds, whether they are really talking about reforms or just resorting to envelopes for votes. If they had worked from the heart, these reforms would have been made immediately after coming to power in 2015; what could be the reason for the six-year wait?

Liberals have been promising to decriminalize drugs from the beginning, so why have they withdrawn after six years?

There is hardly any direct mention of Blacks or Aboriginals in this bill, as doing so would violate the charter, but why the political benefit of creating goodwill in their name?

Much remains to be done on the ground to improve these communities' situation, which requires a proper reformist approach, not leg-

islation.

One has to ask when there will be a government probe or report on the deadly spread of drugs in the Canadian communities, especially in the South Asian Punjabi and the Black community, their overcrowding in jails, or gang violence, which is based on facts.

This demand is also important because the new bill mentions giving local governments more power to deal with drugs.

When it comes to cities like Brampton, Surrey or Edmonton, how can the South Asian and Black community be resourced appropriately in the absence of scientific information about the ill effects of drugs, weapons, and drugs? Where will the money and other resources come from?

These are bitter questions that the Liberal government must answer.



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Councillors talk adaptation, community one year on from first lockdown

Continued from Pg 1

In Sep. 2020, the Town opened a brand new community centre, Southfields, but to date has been unable to use it at any reasonable capacity. Once the lockdown is over, the centre will provide such facilities as a brand-new pool area, as well as a Montessori school, space for Punjabi Community Health Services and a new state of the art Caledon Public Library branch.

Over the winter, Early has been encouraged by residents supporting many of the community's skating rinks.

"They are out there each morning getting the ice ready for visitors throughout the day," she said. "The Town has gone out of its way to foster the building of these rinks because the residents clearly needed a place to have some recreation."

Other happenings in Ward 2 included various events over the Christmas season, at sites such as Terra Cotta and Cheltenham, which had holiday functions while still maintaining COVID-19 protocols. Such events raised food and funds for local food banks and showed that community spirit was alive and well. Early also

complemented the Caledon library system for "picking up the pace" during the pandemic.

"As a board member, I was thrilled with the way they were able to pivot into virtual events, getting digital books out to customers and the sheer amount of Zoom type events they were about to pull off. This pandemic has indeed shown that we can all step up and offer even a better service during very trying times."

Another issue of concern is that distracted and reckless driving has continued, even as residents take steps to protect themselves and their families by staying in, prompting Peel Police to step up traffic safety campaigns to curb emboldened drivers speeding in community areas.

"This was a real sore spot with residents," said Early. "It seems drivers just took off their normal 'Caring Caps' and stopped driving with care. Speeding, running lights and signs were the main complaints... hopefully this is something that will return to normal after the lockdown is over."

Brampton's representative for Wards 3&4, Jeff Bowman, deals with a com-

pletely different set of challenges.

Ward 3 and 4's population exceeds all of Caledon and brings with it a different set of problems. In dealing with the pandemic, Bowman began his duties as a member of the Brampton Emergency Measures office (BMO), which was initiated in Jan. 2020. Now, 13 months later, it has gone from bad to worse, and last summer brought new problems to Brampton, such as homeless encampments. The city, along with the Region, had to form a plan to handle it, and with a major blitz, they were able to place almost all residents in shelters before winter set in.

With that came a shortage of food at the various food banks, prompting additional support from both the city and private sector fundraising.

Speaking to Peel Weekly News

Wednesday, Bowman thanked the groups of people who stepped up to help.

The late summer and early fall saw Brampton leading Peel with COVID-19 cases in several key districts. "At first, it was tough to speculate why," said Bowman. "The reasons were attributed to the type of businesses and jobs Brampton had... the city was hard hit with COVID-19 and held top infection numbers in Ontario, and we were pointed to as doing something wrong, but that was just not the case," said Bowman, pointing to the circumstances and the sheer number of affected people in the area.

The bright spots from the community have involved the way people want to help other people, said Bowman, with fundraising and food being made and delivered to needy resi-

dents, along with community ice rinks that have managed demand so that adults and kids have somewhere to get out of the house.

Mississauga's Ward 1 is a community on the rise, with a completely different environment. With a high density of residents and some of the most concentrated development and building in the city, the Port Credit/Lakeview area has dominated media headlines and cast a light on the south end of Mississauga on Lake Ontario.

Ward 1 councillor Stephen Dasko said that during the pandemic, Ward 1 has been affected just as much as any other area of the city. "Local businesses have been hurt hard and many have been forced to close," said Dasko, citing higher unemployment and layoffs and difficulties by residents to pay their

bills.

Two large projects have taken up a lot of the conversation -- the 75-acre Brightwater project, located on the former Texaco Oil Lands at Mississauga and Lakeshore Road, is well underway. It will have a mixed-use neighbourhood with several high rise condo towers, businesses, an educational campus and mid-size retail space. On the other side of the district, the Lakeview Village project aims to define the community upon completion, fulfilling a vision left by late Ward 1 councillor Jim Tovey.

While progress was slow a decade ago, the project is now well on its way, with Dasko hitting the ground running when he took over in 2018 as the Ward 1 councillor.

Look for the next installment of this special feature series in next week's edition of Peel Weekly News.



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EVERY amount makes a difference! \$5, \$10, \$20.....	We can help collectively, some of these businesses are hanging on by a thread and some will <u>not</u> survive.

Road, park, capital improvements part of 2021 Caledon budget

A \$30 million investment in road maintenance and construction, continued expansion of community centres and various park improvements are just some of the initiatives approved by Caledon council last week as part of their 2021 budget.

The approved budget, which has a focus on preparing for expected growth, maintaining infrastructure and community services while still protecting residents and businesses for the pandemic, resulted in a very dif-

ferent approval process this year, as councillors made held their discussions virtually.

"The 2021 budget process was indeed different and both council and Town staff worked hard to ensure that it was fair while helping us move in the right direction," said Mayor Allan Thompson. "Our focus this year is on people, community and recovery. This means that the best thing we can do for residents and businesses is maintain service levels and keep our infrastructure in a

state of good repair."

The approved 2021 budget has an overall 1.13 per cent increase, including Region of Peel and school board tax impacts, for homeowners, and equals an average \$59 increase per household. According to Thompson, the tax impact was less than previously proposed.

Some of the investments outlined in the approved budget include \$3.1 million for various park projects, including the rehabilitation of Caledon

Trailway bridges; \$30.0 million for the Roads Capital Program and \$1.8 million for the Bridge Capital Program. continued work on expanding the Caledon East Community Centre and Caledon Sen-

ior's Centre, Rotary Place; and approximately \$800,000 for a multi-year project to expand Palgrave, Mono Mills and Alton Fire Stations.

The Automatic Speed Enforcement program, which

launched last year, will also receive a second camera at an as-yet undetermined location.

A full list of 2021 capital projects and service improvements will be posted on caledon.ca/budget.



Mail facility at centre of inspection controversy

A Mississauga mail facility at the centre of a major COVID-19 outbreak last month wasn't included in recent provincial inspections, according to federal regulations.

The Canada Post Gateway facility, located on Dixie Road near Eglinton in Mississauga, falls outside provincial jurisdiction and is not subject to recent COVID-19 inspections conducted in the warehouse and distribution sector by Premier Doug Ford's government.

As highlighted last month by Peel Weekly News, over 300 employees tested positive for the virus, along with one fatality, prompting a major testing initiative at the facility by Peel Public Health

and at least one full shift of employees being ordered to stay home for two weeks.

Yet, the facility was not part of the province's inspection blitz because it is a federally-regulated Crown Corporation, and is not subject to provincial rules, said the Canadian Union of Postal Workers (CUPW).

"Workers in the Peel Region have been hit hard by COVID-19. It's in everyone's best interest that all workplaces be inspected to ensure the health and safety of workers," said CUPW president Jan Simpson, who said the virus has had a significant on all postal workers.

"The virus doesn't distinguish between provincial and federal work-

places and neither should inspections."

According to statements obtained by the CBC, the federal government confirmed that a labour program was "engaged" to attend the facility several times since the onset of the outbreak last March, and that it had investigated "refusals to work, to conduct an inspection into the measures implemented, as well as to investigate the death of the employee."

However, Employment and Social Development Canada, which made the statement, said it couldn't confirm what enforcement was done or specific findings without an Access to Information request.

Dr. Lawrence Loh, Peel Region's chief med-

ical officer of health, said in a statement on Feb. 17 that given the investigation at the facility is ongoing, Peel Public Health would divulge any further details.

"Canada Post continues to co-operate with our investigation, and our joint priority remains protecting the health and safety of impacted employees and our broader community at this time," said Loh.

Compliance rates at facilities targeted in the first week of the region's provincial inspection blitz were at 64 per cent, with 59 warehouses visited during the blitz, and ten tickets and one order being issued, according to the Ontario Ministry of Labour.

SIU called after victim dies under police guard

The province's Special Investigations Unit (SIU) has been called in after an 18 year-old Mississauga man died while under Peel Police custody earlier this month.

The SIU was prompted to begin an investigation after an incident on Feb. 9, when Peel Police responded to a property where a female occupant reported concerns about a male family member, who subsequently fled from the home.

Police later located and apprehended the man, via the Mental Health Act, and transported him to a local hospital.

The SIU said in a statement on Feb. 12 that the man was placed in hospital care under police guard on the evening of Feb. 9, but his condition worsened and he was placed in intensive care.

The man was subsequently declared dead the following morning, according to the SIU.

No other details were known as of press time regarding the incident, though the SIU is asking any residents who may have information about the incident or investigation to call (1-800) 787-8529.

Peel Matters: The Building Back Better Budget needs all hands on deck

by Catherine Soplet

It's long been said that budgets are about priorities.

On Feb. 12, nearly 50 people in Mississauga participated by invitation from their MPPs in the Ontario government 2021 budget hearings. Later in the same day, Brampton and Dufferin-Caledon MPPs met with constituents.

The Budget objectives were set in Apr. 2020, a month after the pandemic lockdown and in absence of adopting a 2020 budget, when the government established the Ontario Jobs and Recovery Committee (OJRC) for "Charting a Path to Recovery".

Notably, the solutions in highest demand for inclusion in the 2021 Budget are for services managed by the 10 ministries not on the priority list. More on that below.

The demands for 2021 Budget funding which echoed across all sectors – business, associations, agencies and individuals – have long made headlines in mainstream media.

Paid sick leave topped the list. Councils at the Region, Mississauga, Brampton and the Board of Trade, and the Medical Officer of Health align on the record as the surest way keep people healthy, and business and schools open.

Two weeks' stay-at-home pay in Peel's logistics, food processing, and long term health care sectors costs far less than an individual's hospital stay brought on by COVID-19 infection.

Premier Ford has repeatedly said that "everything is on the table" when it

comes to curbing the spread of COVID-19, although he has repeatedly refused to implement guaranteed paid sick leave.

Provincial fingers point to the federal government to foot the bill – however the provincial Employment Standards Act needs to legitimize paid sick days as statute.

Paid sick days are one of additional specific supports for Small Business safe reopening, called for by Mississauga Board of Trade (MBOT).

In his comments, the plight of the small Personal Care Businesses was raised by MBOT's VP for Government Relations, Brad Butt.

"These businesses are 70 per cent run by women, met the licensed health protocols ahead of the pandemic, and cannot operate their in-person services in the locations invested with equipment," he said. "Personal care services promote health and preventive therapies and support wellbeing. For some people, these services are essential to maintain good health."

Calls that basic personal needs must urgently be met were echoed at the Peel Poverty Reduction Strategy (PPRS), co-chaired by Peel Region Human Services and the United Way of Greater Toronto.

According to a recent Regional report, the

unemployment rate in Peel doubled to 16.3 per cent in July 2020, and the youth unemployment rate has also doubled to a record high of 38.6 per cent.

After lockdown, these rates can only be much worse.

In the PPRS submission, Peel data shows that "people in precarious work, people in precarious housing, people living in poverty, people of colour, and Black and Indige-

other needs. Increased mental health services are required for all ages, including seniors and especially for those afflicted by and caregiving of dementia. Mental health is also tied to addictions.

Jobs and jobs training must be supported with affordable childcare and family care, and be developed for emerging opportunities in the green economy.

of the 2021 Budget. Is this a 2021 Budget design to fail?

There are no tools in the kit either to redress the "SHEcession" nor to onboard the "SHEcovery," for more than a 52 per cent majority of the overall population.

The full list of absent portfolios include the Ministries for Women's Issues; Attorney General; Solicitor General; Education; Fran-

cophonie; Colleges and Universities; Children, Community and Social Services; Environment, Conservation and Parks; Long Term Care; Seniors and Accessibility.

Of note - The Ministry of Citizenship and Immigration was dissolved in 2018.

Currently no Minister is explicitly the champion of either newcomers or volunteers.

Aren't newcomers and volunteers the hallmark of Ontario? Are they priceless ... or worthless?

For Budget 2021 to be all hands on deck, funds must direct to the nonprofit sector which supports the human development and transitional adaptations which are delivered by non-profits in accordance with government policy.

Often small in staff number and geography served, non-profits serve clients in a relevant and bespoke way which can bring each person to fullest potential, at

each stage of life cycle.

According to Ontario Nonprofit Network (ONN), Ontario's non-profit sector is a key pillar of Ontario economy which annually contributes \$50 billion to GDP, employs 1 million staff (80% of whom are women) and engages 5 million volunteers. Non-profits receive less than 50 per cent of total revenues from all levels of government.

ONN is the independent network for the 58,000 non-profits in Ontario. In Apr. 2020, ONN estimated the sector's economic losses at \$1.8 billion in just the first three months since emergency closures.

Here's a 2021 Budget ask by ONN, on behalf of the nonprofit sector which delivers services on behalf of Ministries absent from the Jobs and Recovery Committee:

1) The Ontario government create a stabilization fund of \$680 million for the nonprofit sector to ensure that non-profits and charities can help rebuild the economy and communities.

This funding can come via the unallocated portion of the \$3.7 billion set aside

"Supporting People and Jobs" in Ontario's COVID-19 Action Plan, through a simple application process administered by the Ontario Trillium Foundation

2) The Ontario government create a nonprofit advisory table to inform the Cabinet committee on the economic recovery.

Budgets are indeed about priorities. Lets get all hands on deck.





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New vaccination site opening in local sports complex

Mississauga will open a new vaccination centre to meet the needs of the community as efforts to deliver doses of the COVID-19 vaccines ramp up.

Mayor Bonnie Crombie revealed this past weekend that an 'extra-large' vaccination site will open at the Paramount Fine Foods Centre next month — and can handle

up to 600 people per hour.

The new vaccination site is one of several areas that have been converted for use by Peel Public Health to deliver quantities of the vaccine to the public, following the announcement of the province's vaccine strategy late last year.

According to representatives from

Peel Public Health, staff are working "as quickly as possible to open," and that the site will prioritize residents who are at-risk, over the age of 80 or are priority frontline workers.

Vaccines will be administered by qualified medical professionals, including paramedics and community physicians.



Former president of Khalsa Darbar remembered by community, MPs

A well-known personality of the community and the long time president of Ontario Khalsa Darbar Dixie Road Gurdwara was remembered by the community after passing away this past weekend.

Jasjit Sardar Bhullar, who died at the age of 67, was remembered for his contributions to Canada in the social, political, sports and religious spheres.

Bhullar died at a hospital in Toronto earlier this weekend — his younger brother, Gurinder Singh Bhullar, said that he was suffering from prostate cancer and his condition has been deteriorating for the past two weeks.

Bhullar arrived in Canada in 1978 from Punjab, India, where he contributed immensely to the betterment of the community, and in particular to the services of the Ontario Khalsa Darbar Gurdwara.

Religious personalities from all over North America addressed a virtual gathering in memory of Bhullar's life earlier this week, while flowers were sent to his family.

Brampton North MP Ruby Sahota said that Bhullar was near and dear to many, as he was a dedicated community volunteer, and his kindness and integrity made him one of a kind.

"For me, Uncle Ji will always have a special place in my heart. My life up until now is full of memories of him and without his constant encouragement I might not be where I am today," said Sahota. "My heart goes out to the entire Bhullar family."



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Fraud trial going ahead for former Brampton East MP

A former Brampton MP will take the stand later this year to respond to fraud charges related to his time in office.

Raj Grewal, who left the federal Liberals in 2018 for self-professed health reasons, will go before a judge in an eight-week criminal trial that is set to start on Oct. 18, 2021.

Grewal, the former MP for the Brampton East riding, faces

charges of breach of trust and fraud over alleged actions taken during his time in office, which allegedly included soliciting millions of dollars in personal through his political standing, and subsequently accepting said loans personally without telling the country's ethics commissioner.

Court documents also allege that Grewal used a government-funded

budget for his constituency office for his own benefit.

In a video posted by Grewal at the time of his departure from the Liberal caucus, he acknowledged he had taken millions of dollars in "debt," but pledged to pay it all back. At the same time, a statement by the Prime Minister's Office acknowledged that Grewal was seeking treatment for a gambling addiction.

By the time Grewal left office, he was already being investigated by police regarding the manner, and was subsequently charged by the RCMP in Sep. 2020 concerning the matter.

Grewal faces four counts of breach of trust and one count of fraud over \$5,000. Look for additional coverage of this story in future issues of Peel Weekly News.



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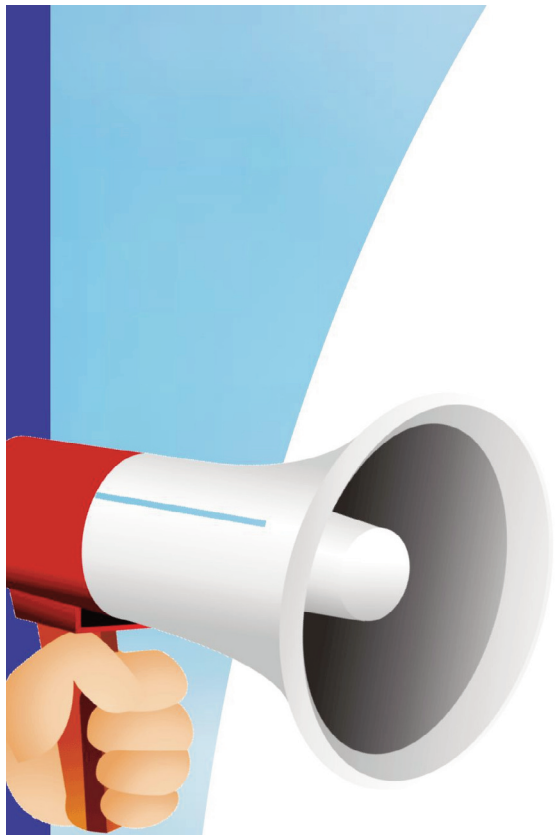
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BUSINESS

Brampton's MDA tapped to counter illegal fishing

by Alex Gregory

Brampton-based aerospace company MDA announced Wednesday that it has been awarded a three-year contract with the federal Department of Fisheries and Oceans and Defence Research and Development Canada to use satellite technology to detect vessels engaging in illegal, unreported and unregulated (IUU) fishing.

The contract will run for a period of three years, and will utilize a detection program that inte-

grates satellite technology to locate and track vessels that have switched off their location transmitting devices in an attempt to evade monitoring, control and surveillance.

Known as "Dark Vessel Detection," the program will combine data from multiple satellite missions, including the company's RADARSAT-2 system, combined with space-based radio frequency collection and geo-spectrum analysis to assist in locating vessels in-

involved in illegal fishing.

"We look forward to working with the Department of Fisheries and Oceans to deliver this important project that will help Canada contribute to international efforts aimed at combatting illegal fishing," said MDA CEO Mike Greenley. "Successful delivery of this project will also position MDA to provide ocean based information as a service to other customers wishing to better and more efficiently monitor

and protect their waters and sustain the ocean economy."

Advanced analytics, multi-sensor data fusion platform and expertise in maritime domain awareness will support the international community to combat the challenges facing our oceans and environment.

The program will also provide satellite data and analysis to the Government of Canada in support of Ecuador – includ-

ing surveillance around the Galapagos Islands.

In a related initiative, last August, a team comprised of MDA, VizworX and Simon Fraser University was selected by the Digital Technology Supercluster for the Cycle 3 Protecting Our Oceans project in the Supercluster's Technology Leadership Program.

The team aims to develop a solution that will recognize vessels that fish illegally, deter and blacklist them and

ultimately prosecute the owners to protect our global fisheries and marine ecosystems.

Technology developed through this program may further enhance MDA's maritime platform offering to better enable our customers to protect the environment, food supply chains, jobs provided by the ocean, and help deliver information to increase border security and tackle human rights violations.

Novo Nordisk teams with U of T to address chronic disease prevention

A transformative partnership between a local post-secondary institution and a Mississauga drug-maker aims to commemorate the 100th anniversary of the discovery of insulin by jumpstarting a new era in precision public health.

Novo Nordisk and the University of Toronto (U of T) announced a \$40 million (CAD) investment to establish the Novo Nordisk Network for Healthy Populations.

The network will focus on new ways to support healthier urban populations and will draw on U of T's expertise in public health research and education programmes to impact the global fight against diabetes and other serious chronic diseases.

Based at U of T

Mississauga, the new network will be a partnership between the Dalla Lana School of Public Health, the Temerty Faculty of Medicine and University of Toronto Mississauga.

"As we commemorate the 100th anniversary of the discovery of insulin at U of T, we are thrilled to once again partner with Novo Nordisk, a company that understands the vital importance of helping those living with diabetes and other chronic diseases," said U of T President Meric Gertler.

"Their historic investment will build capacity for research and education at the University. It will bring together existing expertise from across U of T, our health sector partners in the Mis-

Mississauga community and the broader region. It will make a real difference to people coping with chronic diseases not just here in Canada, but around the world."

In 1921, a U of T research team of Frederick Banting, Charles Best, J.J.R. MacLeod and James Bertram Collip discovered insulin. Novo Nordisk predecessors, Nordisk Insulin Laboratorium and Novo Terapeutisk Laboratorium, were among the first to produce insulin at a large scale, bringing this life-saving treatment from University of Toronto labs to people with diabetes around the world. Now, 100 years later, U of T and Novo Nordisk will once again work together to improve the lives of people living with

diabetes – with an ambition to prevent type 2 disease.

"Fulfilling our company's purpose to defeat diabetes, obesity and other serious chronic diseases requires much more than innovative medicine," said Lars Fruergaard Jørgensen, CEO and President of Novo Nordisk. "One hundred years after the discovery of insulin, we're proud to once again partner with

the University of Toronto with the ambition of helping society to address the root causes of type 2 diabetes and obesity. As we recognise insulin's success in saving millions of lives around the world, we are excited to expand our commitment towards the prevention of these serious chronic diseases."

Novo will donate \$20 million (CAD) to the network

which is being matched by U of T with a further \$20 million (CAD) in financial and in-kind contributions.

In addition, Novo has made an additional \$2 million (CAD) donation to U of T's Banting and Best Diabetes Centre in support of discovery research and to honour Banting and Best's enduring legacy.



Kidney Disease Doesn't Pause Because of COVID-19, says local doc

COVID-19 has forced many things to pause, but in William Osler Health System's Renal Program, the crucial work of delivering life-saving dialysis continues.

For patients living with kidney disease, this treatment is vital for survival so nothing—not even a global pandemic—can halt the service.

Dialysis patients spend approximately four hours, several times a week receiving the treatment, which filters toxins from the body when the kidneys are too damaged to do the work.

For registered nurse Miel Alanza-

lon, working in the renal unit at Etobicoke General is especially rewarding.

"As a dialysis nurse, you're making a pledge to be there for the patients who really need us," he says. "The treatment that they are receiving cannot be postponed, whether there's a calamity or there's a pandemic—they have to go on."

Because of the nature of the treatment, dialysis nurses like Alanzalon undergo additional training to gain the expertise required to deliver care. So when COVID-19 required a number of staff from the unit to quarantine, resulting in a staffing

shortage, the team rallied to ensure life-saving care continued.

"Our work is a bit specialized, so we can't get just any staff from other units to help out. We are limited to our own fleet of nurses so people had to pick up a lot of shifts. It was physically and mentally tiring, but the staff bound together to get us through that very big challenge," he says. "I myself was in quarantine and a lot of the other staff had to pick up the slack because shifts needed to be filled. When it was my turn, I also gave my time and effort to fill the vacancies. I'm proud of the camaraderie

that was shown during those times to help our patients through the most challenging parts of the pandemic."

Miel says some of those challenges brought about unexpected positive outcomes.

"The whole pandemic changed how we went to work, how we conducted ourselves. Interactions were limited because of social distancing and also kept brief to limit contact, so we learned how to be creative and how to communicate better—how to make the most of the time given for our patients and for our own staff," he says.

"It's a multi-disciplinary team, and

it has allowed us to be more close-knit with doing our work, to help the patient achieve the health goals that are set for them."

Miel was initially attracted to nursing because it seemed like a solid career choice. Today, he's driven by the opportunity to make a real difference for his patients.

"When you get immersed into the role it gets more fulfilling to be able to provide help to those who are vulnerable and getting into hemodialysis provided more opportunity to impact the lives of patients," he says. "The patients that we see depend on the treatment to

live. Without it they would succumb to the disease. This job helps them live longer, until they can get a kidney transplant.

"At the end of the shift you feel tired, physically and mentally, but you always have this strong sense of accomplishment that makes you proud and that makes you want to go back the next day to fight another battle."

Residents interested in giving to Osler, which includes work at Brampton Civic Hospital, can do so by visiting the Osler Foundation COVID-19 website at oslerfoundation.org/covid19.



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Sheridan College reimagines learning with SDGs, not ABCs

by Catherine Soplet

Just three months after announcing its Canada-wide Open Innovation Challenge last November, Sheridan College celebrated seven Inspiration Stage winners with solutions for “Reimagining Learning and Education in Community.”

Dr. Janet Morrison, Sheridan’s President and Vice Chancellor praised their efforts during an online ceremony last week.

“The future never stands still, the pandemic worsened volatilities in all sectors,” said Morrison. “The time is now to foster innovation and strengthen communities.”

The Challenge is grounded in the question: How might we collaborate with our communities to reimagine learning and education so that no one is left behind and all youth and adults can realize their full potential?

Five team answers will be presented in a run-off competition scheduled for June.

“Flip orthodoxies” was the key short answer from Zahra Ebrahim, co-founder of Monumental initiative to lead work in the intersection of cities, equity and design.

Zahra says at the post-secondary level, students earn a degree by attending classes where your cohort is assigned (without design) when

you enroll, and professors define the learning outcomes (without recourse).

Such learning may not always be relevant or put into practice.

“Who gets to learn?” challenged Zahra. “Who gets to say? and why do they do so?”

Judging by the

istered participants.

Sheridan College convened six community conversations online, which were attended by 112 individuals.

A panel of seven Peel-based judges looked for innovative strategies to amplify underrepresented voices and spark inclu-

goals by 2030.

The Global Goals were adopted by countries around the world to guide global action on the urgent social, economic and environmental challenges facing our planet, and pledged the eradication of poverty, hunger and higher quality of

solution which will help, she said.

Drawing on her experiences to engage community to convert a surplus police station into the East Scarborough Storefront community hub, Zahra said, “Your goal as co-creators is to get more than feedback. Invite those who are not

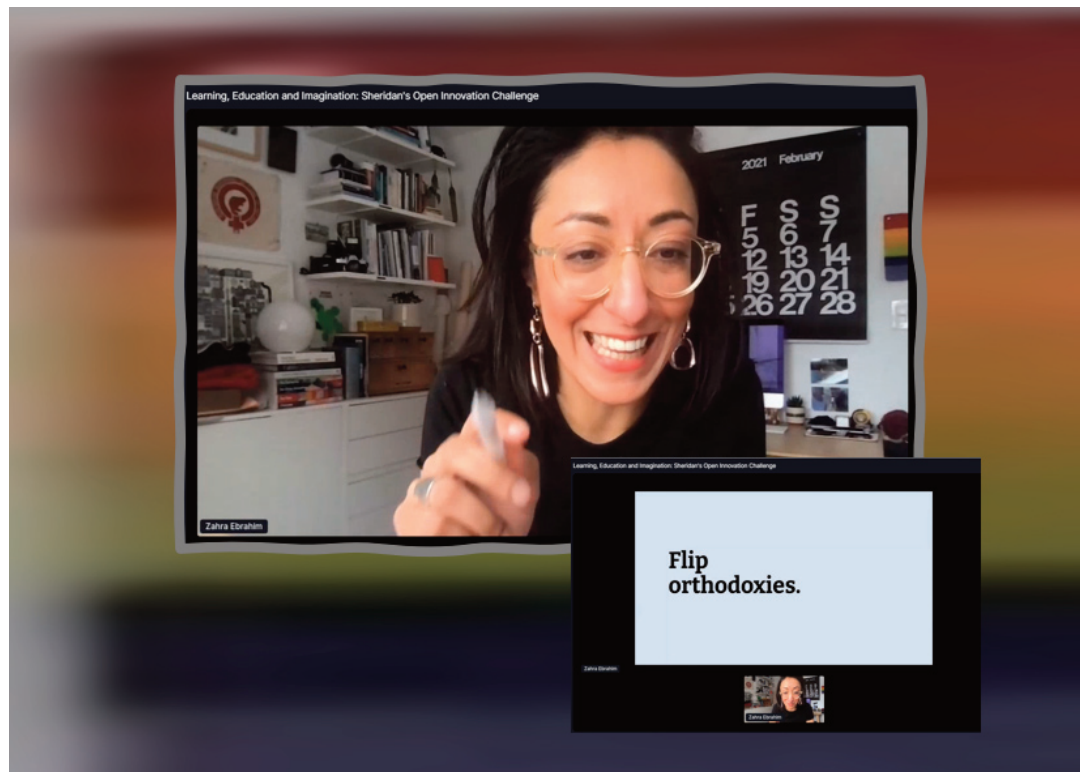
SDG Accord, Sheridan is aligning its strategies and operations based on the lens provided by the SDGs. We are demonstrating our commitment to play a pivotal role in building a more sustainable world and equitable future for all through innovation, education and principled leadership,” said Morrison.

“Sheridan’s engagement with communities, locally and globally is based on interdisciplinary innovation, an approach that is fundamental to the achievement of the SDG.”

In an SDG counterpoint, on Feb. 1, 1,1 Peel Regional Council was recognized with a designation by United Nations as one of 175 worldwide Regional Centres of Expertise (RCE) for its promotion of sustainable development.

Strong education sector linkages within broader geographic region/community organizations are a key feature to form RCE networks.

Peel Region’s commitment to complete community sustainability for both residents and businesses is a core value referenced in its Official Plan, Long Range Transportation Master Plan and Climate Change Action Plan.



names of the Inspiration Stage winning teams, the Innovation Challenge has been well-taken.

Four teams taking \$1,000 from the contest included Citizens in Academics, Road Map, Saved by NO Bell and Stop Cheating with Computation.

Three teams were awarded \$2,000 prizes, including iLearn, Student-Link and Volt to the System.

Winners were selected from amongst 51 project submissions from teams comprised of 129 reg-

sive dialogue between industry and society, and cultivate meaningful solutions for lifelong learners.

Peel Region and constituent municipalities Brampton, Mississauga and Caledon were represented, as well as subject experts for equity and inclusion, and mental health.

The Open Innovation Challenge is inspired by the United Nations Sustainable Development Goals (SDGs), established in 2015 to reach ambitious

health and well-being.

The fourth SDG calls for “inclusive and equitable quality education to promote lifelong learning for all”.

Zahra encouraged Innovation Challenge teams for the Ideation and Iteration stages to use the UN’s human-centred design approach to ensure their solutions would meet needs of the communities they sought to serve.

“People with lived experience are the most familiar with the problem and the

represented to become embedded in the process.”

By being a part of their own solution, the East Scarborough Community residents formed a non-profit which continues to sustainably operate the hub to meet evolving needs.

Sheridan College commitment to the UN Sustainable Development Goals was underscored on Feb. 19, when it was announced that it was the first Ontario post-secondary institution to sign the UN SDG Accord.

“By signing the

Decision to extend stay-at-home order “disappointing,” says board of trade

The decision by the province to keep Peel Region under a stay-at-home order for an additional two weeks is “totally unacceptable,” says the Mississauga Board of Trade (MBOT).

Speaking out against the decision to extend Peel’s stay-at-home restrictions through at least Feb. 30, the board said the move would further impact local businesses already struggling to survive.

“The province has let down hundreds of businesses in Mississauga after clearly stating the path to re-opening would start on Feb. 22,” says MBOT president David Wojcik. “(This) announcement has sent a devastating message to responsible small businesses that they are not valued and respected in today’s Ontario economy.”

Wojcik says MBOT has been very active advocating for responsible and safe business re-openings, particularly as COVID numbers have plummeted Mississauga.

The province set a precedent for allowing municipalities to open separately, when it allowed the City of Windsor to open even though Windsor-Essex had exceptionally high numbers.

The announcement means that business like restaurants, personal care businesses, fitness centres and many other indoor business activities continue to be closed. These businesses are crucial to Mississauga’s economic recovery, says Wojcik.

“We call on the province to provide immediate, new direct funding to support these businesses to stay alive. They should not be punished any further because the Government has decided they should be closed and continue to pay the price for the COVID pandemic... ultimately, business owners and their workers are the collateral damage from misalignment between regional public health units and different orders of government. This has to stop.”

Province launches new legislation to combat human trafficking

New amendments to human trafficking laws will reinforce a commitment to fighting pervasive crimes in the province, the Ontario government said earlier this week.

On Monday, which was recognized as National Human Trafficking Awareness Day, the province introduced the *Combating Human Trafficking Act*, while will add new legislation and amendments to existing legislation to build a \$307 million Anti-Human Trafficking Strategy.

“Our government is taking deliberate steps to put an end to human trafficking and protect victims and potential victims of this terrible crime,” said Premier Doug Ford. “This tough new legislation builds on our Anti-Human Trafficking Strategy we introduced nearly a year ago, giving law enforcement additional tools to help prevent and deter human traf-

ficking.”

The proposed changes include two new acts - the *Anti-Human Trafficking Strategy Act, 2021* and the *Accommodation Sector Registration of Guests Act, 2021* - as well as amendments to the *Child, Youth and Family Services Act* and the *Prevention of and Remedies for Human Trafficking Act*.

The changes are aimed at supporting a long-term provincial response to human trafficking; strengthening the

ability of children’s aid societies and law enforcement to protect exploited children; and supporting more survivors and the people who support them in obtaining restraining orders against traffickers, with specific consideration for Indigenous survivors, among other initiatives.

“Our government voiced its commitment to tackling human trafficking early on in our mandate and we worked with a wide spec-

trum of stakeholders to establish a comprehensive \$307 million Anti-Human Trafficking Strategy,” said Solicitor General Sylvia Jones. “These legislative changes, if passed, will reinforce the strategy’s key objectives of supporting survivors, protecting children and youth, raising awareness among parents and community partners as well as dismantling criminal networks.”



inspitter

In Celebration of International Women's Day

March 3, 2021

COVID-19: A True Test of Our Time and Society

by Vidya Gopaul

As I have written numerous articles about the COVID-19 pandemic, it has shown the test of our time in many forms and shapes.

Not only has it terrorized our planet and resulted in hundreds of thousands of deaths worldwide, but it is changing its game plan so often that it is fooling the entire population, including the ordinary people and the best of the scientific minds all around the world.

Nobody expected that this virus will replicate into new variants. There are U.K. variants, South African variants, Brazil variants, Denmark variants... and some are even claiming there are U.S. variants.

Before we know it, there will be Canadian variants. How many more variants to come?

This pandemic has been on this planet for more than a year, and the scientific community does not have the foggiest idea how to deal with — or rather, how to eradicate — this deadly entity.

Just when we thought that we had

a handle on this virus by producing a vaccine, then all of a sudden it mutated itself into something else and created a new variant which could not be protected by the vaccine we just made.

For example, the AstraZeneca vaccine is thought to be less effective against the South African variant, and for that reason, the government in that country switched to the Johnson and Johnson vaccine, even though that is still in a trial phase.

Take another example. The minority Liberal government of Newfoundland and Labrador, just a month ago decided to call a snap election, hoping to get a majority mandate.

The Premier of the province did so because just a month ago in that province there were zero COVID cases there.

He happily and confidently called an a snap election because he said that it was a good time to have one. And also, COVID-19 would not be in the way of people going to vote in person.

Guess what? The

virus had other ideas, and decided not to give that Premier a chance to win a majority, at least not yet.

You could probably hear this virus thinking, "These people cannot fool me three times in a row in the beautiful country called Canada."

During the midst of the pandemic, the Premiers of British Columbia, Saskatchewan and New Brunswick called a provincial general election and all of them got what they wanted.

The Premiers of British Columbia and New Brunswick converted their minority government into majorities, and the premier of Saskatchewan kept his majority government.

Now, the premier of Newfoundland and Labrador wants to convert his minority government into a majority government, and the pandemic is saying, "Hold on, you cannot fool me again."

Guess what it did? It replicated itself into a new variant and the entire province is devas-

tated by the explosion of this new variant. For the moment, the general election has been postponed or halted.

Hence, this pandemic is posing a very extreme challenge for human beings and has us running around headless chickens.

COVID-19 has become a test of our time as human beings in terms of mental capacity, human behaviour, morality, finances, and the competence of all levels of government, be it Communist, Democratic, Autocratic Socialist or a military type government.

This outbreak has taught us how to rethink the human and family values in a biblical proportion, how we conduct our businesses, how to handle our monetary affairs, how to implement education curriculum, how we interact with each other, humility, how to respect each other, how to value all types of life on earth and those are very miniscule compared to all the messages combined shared by special interest groups such

as, Black Lives Matter, the #MeToo movement and others.

I, myself, thought this pandemic would be over last November. I had booked a trip to Haifa, Israel in Mar. 2020. When the global lockdown was initiated and international flights were cancelled, then I changed that flight to Dec. 2020 because I thought the pandemic would be over by then.

When the pandemic was getting worse all around the world, I had to finally cancel the entire trip.

This virus is so cunning and mischievous that it has scientists, researchers, medical officials and politicians guessing all the time. Never ever in the history of mankind has happened that such a virus would come in the darkest time of the night like a thief and terrorize the entire Earth without a gun, sword, military might, tanks or artillery.

They do not know which end is which. It is like blocking the holes in a leaking water dam — they

are trying to putting one finger in one hole to stop the water from leaking, then all of sudden the water starts to leak from another new hole.

Similarly, when the scientists figured out the vaccine, then the new variants started to appear. I am sure when they find a cure for that variant, there will be another variant that will appear out of nowhere.

This virus has baffled the great minds of mankind and it is not letting down that easily.

The question is what will it do next? How will it end and when? Will it mutate into a monster virus and invade this beautiful planet Earth more profoundly?

It sounds like a scene from a sci-fi movie. I wonder what God might be thinking about this virus? He is probably saying, "What have you done, you earthlings? I gave you a beautiful planet to live and now you are ruining it?" Maybe, just maybe, He will be our saviour! So stay tune!

Queen Street Bus Rapid Transit to move into design phase

Metrolinx has completed the Queen Street – Highway 7 Initial Business Case and is moving forward to the next step of the Preliminary Design Business Case.

Last week, Brampton City Council supported the conclusions of the Initial Business Case, and city staff are actively engaged as Metrolinx carries forward next steps.

The Initial Business Case identified two scenarios as having the greatest transit benefits to be considered, includ-

ing the conversion of a traffic lane per direction to median bus rapid transit (BRT) exclusive lanes along the length of the Queen Street – Highway 7 Corridor, except in Downtown Brampton, where one traffic lane per direction is converted to a curbside BRT lane; and the implementation of median BRT lanes (one per direction) along the length of the Queen Street – Highway 7 Corridor as a result of road widening (retaining the current number of traf-

fic lanes), everywhere except Downtown Brampton (Queen Street between McMurchy Avenue and Kennedy Road) where lane conversion is considered.

"The Queen Street – Highway 7 BRT is a milestone project that will transform our transit network and lower our carbon footprint in Brampton," said Mayor Patrick Brown.

"Queen Street is our busiest transit corridor and ridership is growing rapidly. In

collaboration with Metrolinx, this project aims to enhance Brampton's inter-regional connectivity, economic development, and sustainability."

The Queen Street – Highway 7 BRT will be integral to development and growth along the corridor and act as a catalyst for mixed-use intensification, especially near the major transit stops.

"In the Queen Street BRT Preliminary Design Business Case, we will explore whether to widen the road or

convert general purpose traffic lanes into transit lanes to ensure integration between Brampton and York Region services," said Paul Vicente, Regional Councillor, Wards 1 & 5; and Chair, Public Works and Engineering.

The Queen Street – Highway 7 BRT will see the upgrading of the existing Züm services on Queen Street to full bus rapid transit on dedicated lanes, and extending to York Region Viva BRT Rapidway.

"The Queen Street

BRT is essential for Brampton's growth and development. Overall transit ridership grew 160 per cent from 2009 to 2019," said Alex Milojevic, General Manager, Brampton Transit. "City staff are dedicated to working with Metrolinx to connect more people in the GTHA with the places they need to go in the most sustainable way, by upgrading the Züm service on Queen."

For more information on Queen Street BRT, visit brampton.ca/QSBRT.

What International Women's Day Means to A STEM Advocate

A teenage CEO is looking to reach 50,000 students with a new program that offers free coding education.

Local teen Arya Peruma was shocked to learn less than a third of female students choose to study higher education courses in subjects like coding, math and engineering and continue to be excluded from participating fully according to the United Nations.

When Peruma founded Coding for Young Minds Community Organization at the age of 14, she had one goal- to make coding and STEM education inclusive and accessible for all.

Now with International Women's Day approaching, Peruma is advocating even more vigorously for inclusivity, especially within girls.

"International Women's Day is all about celebrating and commemorating the efforts girls have made to create positive change within our communities but is also a time to reflect upon the underrepresentation girls face- especially in STEM fields," said Peruma.

Her goal moving forward is to not only continue making her initiatives more accessible for Youth but also wants to continue to increase women's participation in STEM fields. Since its establishment in 2019, Peruma's community initiative has reached over 5000 kids and they have been able to access free virtual coding education outside of school.

As a result, she is working to continuously bring new initiatives to the table- especially ones that

will uplift and motivate girls to engage in coding and STEM.

"The passion for coding and STEM is something that needs to be built into the foundation of one's learning which can only happen when you are young," said Peruma. "This is why it is so crucial to set the foundation for passion which can be achieved when educators give ex-

posure to STEM education for their students. I aim to reach an additional 50,000 students by the end of 2022, and this starts with hosting this workshop series for educators so they can bring accessible virtual & in-person coding education into their classrooms."

Peruma is taking her Coding for Young Minds initiatives, which is

headquartered in Lorne Park, to the next level by hosting a free virtual workshop series for teachers, educators, mentors, or anyone who wants to learn how to integrate coding and STEM into their classrooms and environments.

This will be a three-part series presented from the Coding for Young Minds Coding Lab, highlighting to edu-

cators' types of projects that could be covered, ways to make the learning engaging and fun for students, and how to bring real-life context into the computer science and STEM topics for students.

Educators can sign up for the series by visiting codingforyoungminds.com and registering on the events page.



International Women's Day 2021

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SPORTS

OHMA Volunteers Shine in COVID-19 Times

While local hockey in Ontario is on the backburner due to the COVID-19 pandemic, a new campaign is thanking the game's unsung heroes.

All this week, the Ontario Minor Hockey Association (OMHA) is celebrating the people who have been on the frontlines of hockey in the province, trying to keep the game going in some fashion during the pandemic.

Like most things, hockey shut down last March and brought in strict rules and regulations to keep everyone safe when the new season started in September and when players got back on the ice.

The OMHA is dedicating its

third annual Thank A Volunteer Week (from Feb. 22 - 28) to the coaches, parents, officials and administrators who went above and beyond the call of duty this year to keep as many people as possible involved in the game in whatever way they could.

The volunteers, who are the lifeblood of minor hockey, are having their stories highlighted in a campaign running all week on the OMHA's social media channels.

"What's incredible to me is that volunteers all over the province have found new and creative ways to offer some form of hockey in a safe way in the middle of this global pandemic," says Ian Taylor, executive

director of the OMHA. "It speaks to the love they have for our game and the benefits it provides our children."

Whether it was online chats for team building, modified practices, three-on-three or four-on-four games, everyone quickly adapted to the new rules and regulations and had fun, says Adam Syring, who coaches the Hamilton Jr. Bulldogs.

He says he found being a volunteer more important than ever this year.

"Hockey was a tool for these kids. We kept the game going as long as we could because it was an outlet for their mental health. To be able to get out, be active and get their minds

off of COVID, the pandemic and everything we were hearing in the news."

He adds when the kids did get the chance to be with their teammates, you could see hockey made a world of difference.

"You could just see the kids smiling, laughing, and coaches out having fun. This kind of brought back the whole reason we all end up coaching and volunteering in the first place," Syring says.

Jordan Bouckley is a 16-year-old who has been playing in Whitby since he was six. He says he has a new appreciation for all the volunteers, including his father, who is also his coach.

He says his father tried to make it fun when they could get on

the ice because with the pandemic, they learned to cherish every moment, not knowing if it might be their last session.

"Hockey was a great stress reliever for me. With everything going on, with online school and all the other changes during the pandemic, it was a way to put all of that out of my mind."

His father, Craig Bouckley, says as a parent and also a coach, he saw how important hockey was for Jordan and his teammates. He says it gave them back some normalcy.

"Most of the kids have just been cooped up, unable to go to school, not going out to visit family or visiting

friends, so just being out for that little bit once or twice a week meant the world to a lot of the players."

As part of Thank A Volunteer Week, the OMHA also announced two award winners — Jane Kelko, of Essex, who received the Patricia Hartley Administrator's Award in recognition of her decades of exemplary service in the field of hockey administration; and Kelly Hastings, of Collingwood, who was given the Development Award in recognition of his years of outstanding contribution to hockey development, helping run minor hockey initiation programs for thousands of children in the area.

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LIFESTYLE / AROUND TOWN

New arts and culture agency established in Brampton

by Alex Gregory

The long journey towards establishing Brampton's first ever "industry development agency" took one step closer to a reality last week, as city councillors voted to elect an inaugural chair to lead work on a larger vision for the city.

Community engagement specialist Nuvi Sidhu was appointed by Brampton council as the city's first chair for the Arts, Culture and Creative Industry Development Agency — an organization that aims to be a key partner in delivering a larger vision for the arts and culture scene in the city.

Sidhu, who has worked with local non-profits and helped develop workshops to support the creative sector, will be

joined by Senior Program Lead Michael Vickers to guide the startup and eventual formation of the development agency, which will take cues from the Cultural Master Plan established in 2018 to develop an arts, culture and creative industry development agency, incubating, growing, celebrating, advocating for and connecting the sector through the provision of a range of programs, services and resources.

"I look forward to reaching out to and working with the many talented artists and arts organizations who contribute to the diversity of Brampton's creative community. Collectively, with Brampton artists are the forefront, I hope we can work

to see the vision for the agency come to life. I am also excited to be working with (Michael), who will provide leadership and strategic planning expertise for launching this new

and exciting organization," Sidhu said on Feb. 18.

The agency is intended to play a critical role in strengthening the arts as an economic driver and transforming the

city's current cultural environment into a thriving arts scene — complete with opportunities to produce, participate in and consume creative products that drive cultural and com-

munity progress, attract investment and build Brampton's identity, Brampton Mayor Patrick Brown said in a statement last week.



Nonprofits back growing call for shift in pandemic plan

In an open letter to Premier Doug Ford and all MPPs, a large and growing coalition of nonprofit organizations have called for a shift in strategy and for renewed support for vulnerable communities in the pandemic.

The letter is signed by over 120 nonprofits across the province, with large, prominent organizations including several United Ways and the YMCA sharing

the concerns of small, rural nonprofits across Ontario. All are calling for new policy and new investments to support vulnerable communities.

"As the second wave continues to impact people across our province, this is a time to invest," the letter states, urging the government to commit to better income supports, protecting tenants from evictions and establishing paid

sick leave," the letter says. "We won't emerge from the pandemic if people aren't able to take the steps that keep them, their families, their neighbours and their coworkers safe."

The letter emerged from a forum that gathered dozens of nonprofits from every region of the Province, on Feb. 1, to discuss the current crisis.

The Call to Action the participants created has gone

on to attract even wider support. The letter, which continues to gain endorsements from groups across Ontario, lays out clear steps for action, including:

- paid sick time for all workers in Ontario;
- an end to claw backs on Federal income supports;
- increased investments in safe, affordable accessible housing and a strategy to address growing rural homelessness;

- a workable strategy to prevent impending evictions;

- investments to ensure access to safe and reliable child care and elder care.

"We hope the government takes this opportunity, as the legislature resumes, and as they write the next budget, to ensure that the most vulnerable are properly protected from the pandemic," said Sean Meagher, the Coor-

dinator of Ontario for All, which hosted the forum.

"If we don't support those most directly in harm's way, the pandemic will be longer and deeper and more dangerous for them and for all of us."

Ontario for All is an alliance of nonprofit organizations that has joined together to raise the issues for building a fair, equitable and inclusive Ontario where everyone belongs.

Driven to Create: Christine Long and Del Foxton

by E.C. Munson

All things between heaven and earth... are encompassed within the art practices of these two fascinating artists, Christine Long and Del Foxton.

Their introductions to the art world came later in their lives than most and arose out of more complex motivations than to express themselves creatively.

Del Foxton found herself appalled at the extent of waste generated by a family, from the vegetative matter in their gardens to the ubiquitous paper waste in their household. She eventually turned her recycling efforts to a repurposing venture and embraced the ancient Chinese art of paper making. This then led to her exploration of creative expression using her hand-made paper as the medium for her sculptures.

Adagio Studio, Del's arts business, follows her to three countries where she continues her recycling and artistic endeavours as she and her husband migrate from Mono, northeast of Orangeville, to the Grand Bahamas, then back to Florida on an annual basis.

She is celebrating her 17th anniversary of her arts practice and setting up of Adagio Studio this year.

As Del reflects on seminal influences for her arts journey, she remarks on the friendships as "Vitamin F."

From welcoming her into the paper making field, to the artists encouraging her, she has been sustained by the artists and arts communities.

Likewise, her involvement with children has fueled her own desire to explore as she revels in the freshness and fearlessness of children's approach to creative expression.

Del's art pieces embody visual textures and organic shapes. While made to hang on a wall, they are extremely sculptural in nature, dramatic, and compelling in their presence.

Christine's introduction to visual arts came through a cousin, a renowned print-maker and recently deceased. She encouraged Chris to learn about print-making as a form of therapy for rehabilitating her cognitive processing following her sudden onset of Multiple Sclerosis.

The vastness of choice for expression within the arts field was perfect for Chris.

She has gone on from print making to acrylic pourings and acrylic painting. Colour is the predominant element in Chris' work, followed by bold, gestural markings. Her assurance and measure of comfort in spontaneous expression pull the viewer into her world.

Her current body of work just released is *Colours of Grace*, a new series of nine paintings that represent Christine's deep faith and thankfulness for the grace she has experienced in her journey with Christ.

Whilst in the throes of creating this body of work, she needed to think deeply about colour. Part of her research was spent mixing and searching for the colours used to make some of the old, illuminated biblical texts and icons.

During this phase of the process, she felt like a chemist. Then on a more personal note, it became which colours best represented her journey? Were some truer to her experience than others? Which conveyed solace while others gave that sense of strength?

In the end, Christine chose colours which were deep and rich, then she let the paint and the Spirit take over to create *The Colours of Grace*.

Del shares that, "I am delighted that in my small way I can lessen my carbon footprint while creating wall sculptures to enhance the homes of my friends and family. I invite like-minded people to share in my journey, and if I can create an environmentally friendly masterpiece for you, please let me know delfoxton@gmail.com. My artistry is online at [adagioartgallery](http://adagioartgallery.com) and in art galleries in Canada, USA and The Bahamas."

Christine's work may be viewed with the ArtTrendZ Collective on their Facebook page at www.facebook.com/Art-Trendz-An-Artist-Collective-1720407324932353. She may be contacted by email at long@rogers.com.

This small retrospective of these two artists' journeys shows us indeed what beauty there is to behold in all things between heaven and earth!



Health and Wellness - Meditation Alternatives

by Elizabeth Banfalvi

I taught meditation for many years in the continuing education sector, as well as other programs. One thing I found was difficult is for people to get used to just sitting and relaxing so that they could meditate.

It took so much time for them to learn to just let go. We aren't trained to just be quiet and not fill our mind with activity. We are expected to go out and just do at 110 per cent.

If I had a series of classes (eight two-hour sessions), they could learn to find their way to meditate but a one-off class or workshop was difficult to find their own method.

Here are some suggested ways to adapt to feeling more relaxed if it is difficult:

Learn to practice your way to relax each day so at the end of the day, you are less stressed.

Journaling is a wonderful way. As much as we might think that writing about our problems won't help, it does.

To write is one of the ways to release what is going on and to review our problems. Also date your entries. What you will find is that as time goes on, you will get better or your problem will be resolved because time has changed you.

The problem is that reading about it later and once we get better, we don't remember what we were going through or how we were feeling. It is almost a pat on your back telling you that you survived and you did get better.

Whatever we are going through, we do change and the one person we don't see like that is ourselves.

So, write out what is going on, and then learn to let go so that

you can improve your situation. This could also lead you to writing blogs, articles or even books to help others.

Practicing writing in any form gives us inspiration in so many other ways.

Exercising and body movement also relaxes the body. Yoga, tai chi, etc. are excellent ways to learn how to move in a way that is different than what we are used to.

Holding a pose and relaxing in it and then moving into another teaches us control and more of a depth in how we stand or move and also use the breath within those movements.

It gives us strength in our body but also the release in the movement. It is about being mindful and directing your thoughts to the movement in the poses.

Breathing con-

sciously is one way that you can control how you are feeling.

So many times, I would ask my students to take a deep breath and I could hear them a mile away inhaling through their mouth or nostrils and raising their shoulders. I would have to teach them to quietly breathe.

An exhalation is also longer than an inhalation. I would teach them that the lungs are behind their rib cage and to practice breathing deeply and feeling their lower ribcage opening and closing.

At first, they might be a little dizzy with all the extra breath, but that wouldn't last. I also taught them to breathe through their nostrils which some couldn't do.

I would then teach them the nostril breath through sniffing short sniffs. That would help them un-

derstand nostril breaths.

Then it was just practice to keep using the deeper breath.

Music has a wonderful affect on us. It is through one of our senses, and that is why it is so strong within us.

So often, we can hear a piece of music that makes us tap our toes or even start singing along. It is also one of the simplest ways to get ourselves to relax.

Certain instruments like the piano and harp can help us relax. The drum and trumpet can give us energy and so can different songs. The words and music or just the music can change our energy.

Children enjoy music and they learn to dance to it, so why don't we? Allow yourself to let go when you hear music or to give yourself a boost.

Nature is our

friend. Walking and feeling our feet in contact with the ground or walking through water, sand, snow, or even mud teaches us feelings that are different.

Try walking in a circle on snow covered ground back to your starting footprints. You will find that you will have trouble following your own footprints because you have changed just in that circle.

That is what just taking your time and walking in nature will do.

Finding your calmness or awareness will help you to self-care for yourself and that is important. There are so many ways you can help yourself find what you need to relax so do that and practice it or several different ways – whatever helps. You are important in how you feel.

Should English be the language that bridges Canada?

by Jude Paul Fernandes

There are so many ESL, TESL, TESOL, and English classes being offered in our country that it's pretty apparent the Government of Canada, colleges, even universities invest a lot of time and money in imparting English to its citizens.

But when some communities just refuse to learn, or be taught, or just plainly and simply say "No speak English", or "English, no talk" or answer you in their own native language you may think that it's silly and preposterous, and probably swear under your breath.

All of us agree that Canada is a country of immigrants—Irish, Scottish, British, Italians and Chinese—these are the communities with the earliest footprints.

However, the only natives here are the

first nations, the true ancestors of Canada. As for the rest of us; Polish, Russian, Portuguese, European, Spanish, South American, Hispanic, South Asian, Filipino, Black, British, Japanese, Malaysians, Vietnamese, Cuban and Mexican—we make up the multicultural fruit salad that constitutes Canada.

I said fruit salad and not melting pot because all of us retain our cultures and languages, and therefore our identities are still individualistic, just like the berries in the salad retain their inherent nature, ditto for the apples, peaches, grapes, strawberries or pineapples.

For put together, visible minority or majority; we are all part of one big happy Canadian family—living together in one of

the biggest countries (geographically) in the world.

It's not rocket science to discover that for the most part all Canadians are bilingual, or trilingual. Many of us linguistically retain the roots of our countries of origin.

There is no such thing as a full-bodied Canadian accent, as every culture has lent its own identity that refuses to be imploded or for that matter is sucked into the mainstream nature of things.

That is the beauty of Canada—culturally each community brings age-old traditions, food and fashion to the table, and what a spread that can be if only politicians, businessmen, entrepreneurs, leaders and those of us in the media can tap into this goldmine of opportu-

nity.

There's length, breadth, and depth to this canvas of peoples with ideas, skills, education, capabilities, possibilities, opportunities. What a great country of co-brothers and co-sisters we are—multi-lingual, multi-skilled, and so fantastically diverse.

Yet we bicker about accents, and manners, and telephone etiquette, and color, beliefs and religion.

While speaking about telephone manners, I must mention that when someone calls you, whoever it is, please do not say "Who is this?" or "Who are you?"

The right approach is: "May I know who is calling?" or "Can I ask who is calling?" And even if you speak very little English, kindly remember to say "Hello, how are you?", "Excuse Me!" and "I'm

sorry!"

Easy-breezy and what these phrases can do are open so many doors. Of course when someone opens the door for you, never forget to say a genuine "Thank You!"

As for me, I made up my mind that just like in my own country of origin where I had different friends who spoke different languages; I would do the same in my adopted country.

I have friends who speak diverse languages, and of course eat multiplicities of foods, but frankly the tie that binds us all together is one common language—English. Spoken in a variety of accents.

On the way I have learned about genealogy, hierarchy, superstitions, beliefs and phantasmagorias of foods (no kidding). The funny thing is that

if you look carefully, you'll notice that even culturally we've probably had the same experiences.

How? What? When? Why? Well cause the world is round, and human emotions are inherently the same no matter where you come from. And sometimes we may be drastically divergent, and poles apart, like night and day—what we all agree on is spoken in one understandable language across the board.

Because on super sunny days we take the Scrabble to the park. Learning at least 10 new words in English, which we practice when we preach, sorry speak.

—
Jude Paul Fernandes is the author of *Frost Bites*, which is available at the Toronto Public Library.

Behind The Scenes... Visual Arts Brampton

by E.C. Munson

While it is a bit early for lemonade season, you might wonder if this not-for-profit organization realizes that.

Visual Arts Brampton, turning 35 years old in 2021, has been steadily working away at providing their membership and the larger community with a number of virtual activities during the pandemic.

It might not be business as usual, but they are using their lemons to make some mighty good lemonade while making the best of these difficult days for their members and Brampton.

I had enjoyed tremendously VAB's Open Studio, offered two days a week when we could physically meet in their space at 1 Bartley Bull Parkway in the plaza across from Shoppers World.

With different artists supervising or on hand to consult, Filomena Kandola on Tuesdays and Zan Barrage on Thursdays, those four hours just sped away as people worked on their different projects.

What a wonderful way to access studio space for your own arts practice and to enjoy the camaraderie of like-minded people.

Recognizing that these bonds and the opportunity to enjoy the creative arts are so important for people's well-being, VAB continued to offer Open Studio virtually, twice weekly to members. Paint Nights, regular classes, and workshops also were all moved online to Zoom classes and virtual event programming.

With a tremendous amount of their offerings being for children, adolescents, and young adults, VAB at first continued their early 2020 classes with online video instruction for these ages.

They also added some highly innovative virtual programming

as outreach to the community.

By the early summer of last year, all their arts instruction moved to the Zoom platform.

Recently, VAB received a certificate from the city of Brampton recognizing the arts organization for its efforts in supporting the City of Brampton's united response to help the community deal with the impacts of COVID-19.

Kudos indeed for them, as they obviously have upheld their mandate to "maintain a positive, supportive community that fosters and encourages creativity in artists of all ages and skill levels".

In fact, VAB was ranked in the top 10 of the most popular kids activities in Brampton, according to the website Canadian Kids Activities.

www.canadiankidsactivities.com/directory/location/ontario/peel/brampton/most-popular/2020/.

While adult classes are offered by several different artists-instructors in various media, such as watercolour, soft pastels, mixed-media, oil, charcoal, and pencil, the ongoing classes or workshops for children, adolescents, and young adults remain the backbone of the VAB programming.

Working with the City of Brampton, the Boys and Girls Club of Peel's Family Program, and the Peel School Board, plus counting VAB's own offerings, President and Studio Manager Matt Czolij, estimates that almost 900 people have accessed all these programs since Apr. 2020.

As part of Visual Arts Brampton's mandate to foster and encourage artistic potential, their members and local artists may exhibit their work in the Artway Gallery located in Shoppers World Brampton, VAB's primary gallery space, at no cost.

A second tier of shows are juried and curated into their Artway Invitational Gallery space.

Both galleries may now be viewed virtually by visiting www.visualartsbrampton.com/exhibits/artway-invitational.

So, whether you want to develop your artistic skills, to create with like-minded individuals, or to exhibit your work – join the Visual Arts Brampton community and get engaged. In fact, their upcoming world-wide contest is the perfect chance to try them out!

VAB presents the Snail Mail World Postcard Art Show! Creative people from the four corners of the world are invited to mail in or electronically submit postcard size 4x6 inch original artworks for this competition. Initially started over 20 years ago and brought back in 2016 to celebrate VAB's 30th anniversary, over 2,000 entries from all over the world have been received since its inception. www.visualartsbrampton.com/exhibits/snail-mail.

Lemonade, any one?



New creative residency program showcases evolving art scene

Young artists working in experimental processes will have the chance to flex their creative muscles through a new creative residency exhibition, which launches this weekend.

Visual Arts Mississauga (VAM) will host their fourth annual youth exhibition, Now Streaming, this Saturday Feb. 20 at noon, live on Instagram (@vamacresidency).

Now Streaming hosts young artists who use a combination of traditional and new media to create experimental works.

This year's exhibition has been co-curated and exhibited by VCR. Exhibiting artists will be juried for First, Second, and Third Place cash prizes. Winners will also be announced during the online reception.

The Opening Reception will be

presented in collaboration with The Open Gallery and will feature live musical performances by Gabby Dolor, Provi, and a set by DJ Ray Anthony.

"Our annual young artist exhibition, Now Streaming is an opportunity to showcase emerging talent from the GTHA," explains VAM Cultural Development Manager Eldiana Begovic. "Pre-

senting our VAM exhibitions digitally has proven itself as a successful way to connect with artists from across the city and beyond. We invite the public to join us for this exhibition featuring 12 artists who are innovative with their practices. Our youth are at the forefront of the evolving art scene especially during COVID-19. VAM and the Creative Residents are proud of what

these artists have accomplished and are excited to share their talents."

Now Streaming will be presented online at visualartsmississauga.com through Mar. 19, and includes works from a number of artists, including Andre Kan, Anran Guo, Ashley Beerdat, Chelsea Ryan, Chi Liu, Jessica Velasco, kim hayung, Nhi Nguyen, Nikki Natnat, Seyi Olo-

modosi, Shannon King and Soka Lazara.

In addition to Now Streaming, Visual Arts Mississauga Creative Residency is preparing to launch its own culminated exhibition, "friend of a friend," launching on Mar. 5, 2021.

For more information, call (905) 277-4313 or visit visualartsmississauga.com/exhibitions/vams-creative-residency.



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Celebrating Black History Month

by Ron Cunningham, Special

Black History Month is observed across Canada every February, and provides an opportunity to share and learn about the experiences, contributions and achievements of Peoples of African Ancestry.

It was initiated in Canada by the Ontario Black History Society and introduced to Parliament in Dec. 1995 by the Hon. Jean Augustine, the first black woman elected as a Member of Parliament, and officially observed across Canada in Feb. 1996.

Citizens for the Advancement of Community Development (CACD) is committed to playing its part by raising awareness of how black culture has greatly influenced our society.

CACD has been celebrating Black History Month Event since 2006, and despite COVID-19, this streak will not end.

Therefore, we will be providing a series of Virtual Activities on Thursday, Feb. 25 (www.cacd-canada.org).

This celebration offers an opportunity to reimagine what possibilities lie ahead. The theme for this year's celebration is Reflecting on the past to build a better future.

This theme addresses the issue that continued engagement with history is vital as it helps give context for the present.

But why celebrate Black History Month in Canada?

Some believe that Black History Month should not be confined to just one month and should instead integrate into main-

stream education over the rest of the year.

On the other end, others believe that this form of celebration is a form of racism. Other critics are variants in between the extreme positions aforementioned.

However, since its inception, Black History Month has expanded beyond its initial acceptance in educational establishments to present corpora-

us here in Canada to revisit systemic racism that seems to have a stronghold on minority groups.

In support of this fact, Marcus Garvey, the Jamaican National Hero, once said, "A people without the knowledge of their history, origin and culture is like a tree without roots," and, "You have to know the past to understand the present," was similarly put forward by another

Canada the cultural, diverse nation we are today.

Through our activities, we will educate the general population on the ills of Anti-Black Racism and discrimination.

We will help minimize the marginalization and negative stereotypes experienced by our Black youth in schools, impart a broader cross-cultural understanding, and create a basis for in-

understanding and knowledge of black inventions and achievements; gained an appreciation for cultural acts; and knowledge of Black Canadian History.

Having this openness and inclusivity among different ethnic communities will help all to fight exclusion. We hope that this series of activities will engender a sense of belonging, especially among the

will have a greater capacity to communicate across cultures and develop meaningful social relationships among the many cultural groups here in Peel and promote intercultural understanding.

Exposures to interracial activities will lead to a better understanding and appreciation of racism and discrimination and not treat anyone according to their race, colour, age, sex, national origin, religion, or mental or physical disability.

The issue of equal opportunity is at the core of the challenge Black, Indigenous and People of Colour have been experiencing. Systemic racism is ever so prevalent in recent times. The session being virtual can expand the reach, thus more impactful to the region.

Further, we believe that people who freely participate in another culture; will later express fewer prejudices toward members of that ethnic group, thereby improving attitudes toward the other groups.

We believe that benefits can arise when minority-group members express and share positive aspects of their culture in mainstream settings. Further, this level of involvement will engender citizenship among participants and audience and encourage civic engagement, leading to a more functional and ultimately a more healthy democracy.

black community.

It will promote trust and offers members of the black community the opportunity for growth. It will allow the youth participants to feel connected and provide a safe space for them to interact as they meet, through on-line, to plan and carry out their presentation.

These activities will allow our students and the general public to understand, communicate, and appreciate cultures outside their ethnic group.

Further, they will learn how to see themselves and the world through the eyes of another by their association with them and their creative, artistic and cultural expressions.

With knowledge and understanding of the Black experience, participants



tions commemorating Black History Month.

During Black History Month, people in Canada celebrate the many achievements and contributions of Black Canadians and their communities who, throughout history, have done so much to make Canada the culturally diverse, compassionate, and prosperous nation it is today.

It is important to note that Black History is not just about all the awful times we have experienced. It is about integrity, leadership, and determination.

This year, we are seeing a slight twist in the celebration of Black History Month. This celebration follows a tumultuous period where racial justice reached a fever pitch in the USA, which provides a fresh reminder for

contributor.

Still, further, a notable civil rights leader puts it this way, there is no more powerful force than a people steeped in their history. And there is no higher cause than honouring our struggle and ancestors by remembering.

However, as we are reflecting on the past to build a better future, we want to ensure a society in which all individuals are treated fairly and are afforded access to opportunity, without regard to race, gender, creed, religion or sexual orientation.

In this regard, we are celebrating BHM to empower, motivate and inspire, the Black community. Our primary concern is to bring awareness to what the black community has done to make

terracial cohesion.

However, we intend to appeal to the wider community to bridge the gap between cultural groups within the community.

Community members will be encouraged to embrace diversity and highlight their commonality, which leads to better relationships.

All will be motivated to appreciate the power of multiculturalism, and work toward conflict transformation, and cherish the capacity within communities to address racism and discrimination so that all can disprove and dispel any negative stereotypes that ignorance fosters.

We intend that all who participate will gain knowledge of Canada's growing diversity, increase awareness of the black community and ethnicity; increase intercultural

Life and Stress In A COVID Environment

by Surjit Singh Flora

The impact of living in an environment influenced by COVID-19 may be larger than we realize.

People are more stressed and less happy because they have to stay home, wear masks, follow the guidelines and play their part. Not only that, but more than eliminating the virus for good, everyone wants to have a better life and to be ahead in the world.

In this race, they forget that we are human. They just run to prove our presence. Where they are just a little bit behind, they only understand that this is the end of life. They bind despair with themselves and banish happiness from life.

They do not understand that stress does not work. Stress makes us weak. If they know this, then they can live happily and get

rid of stress.

People are often unable to balance the stress of work and family life. Such people keep hanging in the middle. They do not feel comfortable at home or in the office. Stress remains a constant companion.

Stress makes them irritable and severe. Such people do not live a happy life, even if they want to. Such people should check their minds from time to time to see what they want.

One should try to get what the mind wants by thinking with the mind. Somewhere they will find a solution to the problem, and some stress will be reduced.

They never know when today's hectic lifestyle may rob their health and peace. To live such a good life, it is imperative to know what to adopt and what to avoid.

- Eat right, be-

cause it is the most incredible tool for coping with stress and good health. Eating a balanced diet, avoiding junk food and drinking plenty of water keeps the body healthy for a long time.

- Sleep well. Sleep disturbances can cause stress. Getting a good night's sleep keeps your body fresh and helps you cope with everyday stress.

- Make time to exercise. Then do your favourite exercise regularly, walking, squatting, running, is a good exercise for the body and the mind.

- Maintain balance in your working life. With e-mails, instant messengers, deadlines, and stiff competition, it is essential to strike a balance between work and life in this age, taking time to play and work.

- Smoking, alcohol or any other drug

use is not the right habit to deal with stress or challenges. In fact, all of these are harmful to the body and add to the stress of life.

- Strengthen your social circle. The importance of friends and family cannot be denied. It is important to get rid of stress and live a better and happier life.

Don't worry about tomorrow: no one knows what will happen tomorrow. What is the use of worrying?

You cannot bring back what has passed. You can improve yourself today by learning from today. We can only embrace grief by thinking of tomorrow over which we have no control.

What is the benefit, then? We need to make our day better and keep the bag of sorrows away from us.

Relax: Sometimes, there are times when work stress is

so intense that you can't cope. In that case, explain to yourself, 'Enough is enough, just enough.' Take a moment to close your eyes and listen to your favourite music. If you are in the office, take 10 minutes to relax, and you will feel better.

Cleanse the mind: Just as we bath every day, and brush our teeth, meditate every day to cleanse our minds. Make meditation a part of your daily routine because our mind makes us mentally ill, because all kinds of thoughts, words, emotions keep popping up in mind. It is imperative to rest at such times and calm the thoughts with meditation so that the mind's disorders are removed.

Yes, that's right: there are different kinds of people in the world. No one's nature is utterly compatible with an-

other because no one is perfect in this world. So do not compare yourself with others. Yes, you can consider someone as your role model, but go ahead with your environment, your nature as the main thing.

Make friends with nature: Enjoy nature to the fullest. Watch the birds fly in the open sky, watch children's activities and older people in the park. After a while, you will feel better and happier.

Make friends in the office: Occasionally eat with them, schedule a movie or hang out so you can stay stress-free for as long as possible.

Keep in touch with your post-secondary friends if they are in the same city. You can also share some of your problems with them to solve some of the thoughts and questions that may arise in their minds.

India to supply five million doses of vaccine to Canada this month

India will send five million doses of the COVID-19 vaccine 'Covishield' to Canada this month, it was reported earlier this week.

The approval, made by the Government of India last week, came after a telephone conversation between Canadian Prime Minister Justin Trudeau and Indian Prime Minister Narendra Modi.

COVID-19 vaccines made in India are in demand all over the world. Canada, which is facing a shortage of doses of corona vaccine, had on Feb. 5 requested India to supply one million doses.

However, Canada was not on India's list of countries to be

vaccinated in February. The list included 25 countries, to which 24 million doses were to be sent.

Following the release of the list, Canadian Prime Minister Justin Trudeau called Prime Minister Modi earlier this month and asked him to supply additional doses of the vaccine.

Praising Modi, Trudeau said that if the nations of the world win the war against COVID-19, it will include India's medical capabilities and PM Modi's leadership will play an important role.

Look for additional coverage of this story in Peel Weekly News next week.



Drink Plenty of Water This Winter — Here's Why!

1) You're more likely to have health problems. Higher water intake has been linked to decreased chances of kidney stones, urinary and colon cancer, and heart attacks.

2) Your metabolism stagnates. In independent studies for his 2010 book *The Water Secret* (Wiley), Dr. Howard Murad

found that a person's basal metabolic rate (the calories burned while at rest) speeds up as the body becomes more hydrated.

3) You'll have to think harder to complete the same tasks.

At the Institute of Psychiatry at King's College London in 2011, scientists found that the brains of

dehydrated teenagers had shrunk away from their skulls, and that when asked to play a problem-solving game, they performed just as well as those who drank enough, but engaged more of their brains to do so. (Drinking water can help restore the brain to its normal size.)

4) You eat more. A 2010 study of 45

adults funded by the Institute for Public Health and Water Research found that those who drank two eight-ounce glasses of water before each meal consumed 75 to 90 fewer calories while eating.

(Over three months, water-drinkers lost an average of five pounds more than the dieters who

were parched.)

5) You look more wrinkled. In researching his book, Dr. Murad also found that water plumps skin, fills in fine lines and wrinkles, and enlivens a dull complexion.

6) You're in a bad mood. In 2009, researchers at Tufts University in Medford, MA, asked members of the men's

and women's crew teams to engage in 60 to 75 minutes of high-impact aerobic exercise without drinking enough water first. Others were properly hydrated.

The dehydrated group was more likely to report feeling fatigued, confused, angry, depressed or tense.

**Regional Councillor Martin Medeiros
& City Councillor Jeff Bowman
invite residents to a**

WARD 3 & 4 COMMUNITY TOWN HALL

**Tuesday, March 2nd, 2021
7:00 - 8:30pm**

- Crime Prevention Update – from Peel Regional Police
- Community Safety Update & Nurturing Neighbourhoods Program - from City Staff
- Advance Brampton Fund – New Community Safety Stream
- Q & A Period

Join by WebEX: <https://bit.ly/2KSdmzO>



BRAMPTON

Councillor Medeiros 905-874-2634
Councillor Bowman 905-874-2603





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SAVE THE DATE
14th annual golf tournament
'FORE MISSISSAUGA'
Benefitting The Community Foundation of Mississauga

TUESDAY JUNE 29TH 2021

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HALTON HILLS, ON



City raises awareness of invasive species with new initiatives

Mississauga is recognizing the continued efforts of residents and groups to stop the impact of invasive species during an awareness week filled with online events.

Invasive Species Awareness Week runs through Feb. 27, with residents being encouraged to care for their local environments by learning more about invasive species in their community.

Throughout the week, the city will also share information about its Invasive Species Management Plan and Implementation Strategy (ISMP&IS).

Invasive species are plants, animals or micro-organisms that are not native to Mississauga and cause harm to the natural environment, said Mississauga Mayor

Bonnie Crombie.

“Historically, they’ve had a dramatic impact on our tree canopy and natural environment, causing a lot of devastation to our precious green spaces,” said Crombie. “Investing in a plan like this will help ensure that invasive species are no longer a threat to our community and our budget. It is our priority to preserve, enhance and protect our natural areas to ensure they are healthy and continue to provide countless benefits to Mississauga.”

The ISMP&IS was developed in response to the growing number of invasive species in Mississauga, and provides a phased, city-wide approach to managing invasive species like the Gypsy Moth,

Emerald Ash Borer, Wild Parsnip and Giant Hogweed.

Over the last few years, the City has been experiencing a number of issues due to invasive species, said parks director Jodi Robillos.

“Whether it’s the spreading of Giant Hogweed, Cankerworms affecting our hardwoods, or the Emerald Ash Borer destroying our ash trees, in-

vasive species of all kinds continue to be a major problem throughout the city, threatening our parks, green spaces and wildlife habitats,” said Robillos.

“Invasive species put pressure on our environment because they don’t have any natural predators. Based on our previous experience trying to eliminate them, we’ve seen success

with mitigation efforts, which is why our Invasive Species Management Plan and Implementation Strategy is so important.”

Last year, the city partnered with The Canadian Food Inspection Agency (CFIA) to eliminate the invasive Asian Long-horned Beetle from its tree canopy due to strong mitigation

efforts. The Asian Long-horned Beetle was brought to Canada unintentionally. Infected trees were removed, chipped up and processed to eliminate the ability of the beetle to destroy other healthy trees.

For more information, visit mississauga.ca/services-and-programs/forestry-and-environment/invasive-species.



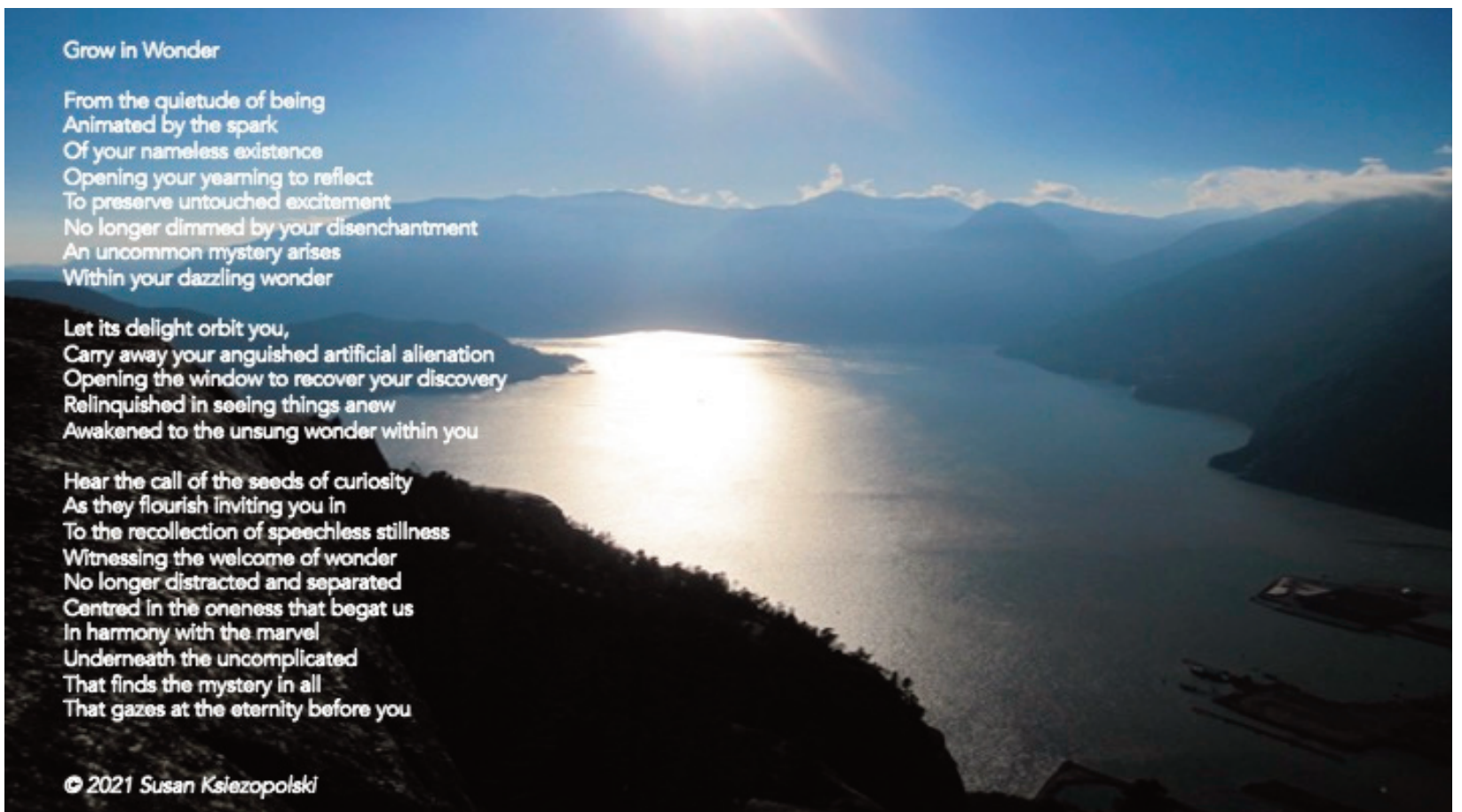
Grow in Wonder

From the quietude of being
Animated by the spark
Of your nameless existence
Opening your yearning to reflect
To preserve untouched excitement
No longer dimmed by your disenchantment
An uncommon mystery arises
Within your dazzling wonder

Let its delight orbit you,
Carry away your anguished artificial alienation
Opening the window to recover your discovery
Relinquished in seeing things anew
Awakened to the unsung wonder within you

Hear the call of the seeds of curiosity
As they flourish inviting you in
To the recollection of speechless stillness
Witnessing the welcome of wonder
No longer distracted and separated
Centred in the oneness that begat us
In harmony with the marvel
Underneath the uncomplicated
That finds the mystery in all
That gazes at the eternity before you

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A Walk Through Kenya - Memories of a Family Trip

by Surjit Singh Flora

When Kenya declared independence from Great Britain in 1963, the leaders of the newly founded republic promoted a sense of national unity using the motto "Harambee," which means "sticking together" in Swahili.

In this strange and uncertain time, I was reminded of happier days when I visited Kenya with my family several years ago.

Today, the sentiment of "sticking together" is real in

a country that combines a rich culture and traditions of dozens of different groups that call it home.

As Kenya's population and economy proliferate, Kenya's fertility rates are among the highest in the world, with an average of around four children per woman. This, combined with coordinated efforts to mitigate the spreading AIDS epidemic in the country, has increased life expectancy.

However, the

relatively young Kenyan government is struggling to provide the public services needed to keep pace with this growth.

Unemployment rates are among the highest in the world and there is a lack of infrastructure. Political tensions in the country can sometimes lead to violence.

More than 1,000 Kenyans were killed and over half a million were displaced following the 2007 general election. In 2017, the contested presidential elections and their repetition led to deadly clashes.

Kenya is largely a Christian country, but has a large Muslim population, particularly concentrated on the coast.

The country has a rich oral tradition; folk stories,

poetry / songs and music are spread in many indigenous languages, and Kenyans regularly bring home medals from long distance runs where the Olympics are held.

Despite its challenges, Kenya has one of Africa's strongest economies, making it an attractive destination for refugees looking to escape harsher conditions in neighbouring countries.

Kenya has also built a reputation as one of the leading safari destinations in the world.

Roaring lions, wildebeests and trumpeted elephants pierced the tranquility between Kenya's vast African sky and the sun-drenched plains. In modern Kenya, wild animals and humans live in peace. In that place on the continent, you will find snow mountains near the equator.

Surrounded by dense forests, Kenya is the best place to respond to the wild calls of the African continent. Kenya is often referred to as the "cradle of mankind," and has the most diverse natural landscape in Africa.

If you want to truly appreciate its scenery, consider these interesting facts about the country:

- The capital and largest city of Kenya is Nairobi.
- There are 60

languages spoken in Kenya. English and Swahili, which developed from Arabic and Bantu languages, are its official languages.

- Nyama Choma is one of Kenya's most popular foods.

- The Mombasa Carnival is held every November in Mombasa, the cultural center of East Africa. This is the most famous festival in Kenya.

- The biggest airport in East Africa is in Kenya, Jommo Kenyatta Airport, which is named after Kenya's founding father, Jomo Kenyatta. Kenyatta's son, Uhuru Muigai Kenyatta, is the fourth president of Kenya.

- The World Travel Awards honoured Kenya as the World's Best Safari Destination in 2017 and won the award three years in a row.

Not only that, but the first African woman to win a Nobel peace prize also was Kenyan.

The span of two million wildebeests from Serengeti in neighboring Tanzania to Masa Mara in Kenya reaches 2,900 kilometers.

The Serengeti migration of the wildebeest is widely listed in the seven natural wonders of Africa.

Also, Kenya is inhabited by African wildlife and species such as the "Big Five" game animals of Africa: the Lion,

Leopard, Buffalo, Rhinoceros, and elephants. Kenya's most popular savanna attracts many tourists. Its dense forests contain animals and birds that are not found anywhere else in the world.

Kenya boasts a coastline of 536 kilometres, where some of the coastal towns have beautiful and extraordinary beaches like Diani Beach, Watamu and Malindi.

The country has a population of about 53 million spread throughout its 47 counties, each headed by an elected governor. The official name of the Republic of Kenya is led by the President.

The people of Kenya mainly speak two official languages, which are Kiswahili and English. There are also other languages spoken in various parts of the country.

Kenya is the 47th largest country in the world, covering an area of 580,367 square Kilometers.

The two main industries in Kenya are Tourism and Agriculture. Kenyans grow coffee for export which is also the country's main export.

Kenya is a significant tourism destination, and this is its second-largest industry. Kenya's currency is the Kenyan Shilling.



Caribbean Carnival unveils interactive timeline

In celebration of Black History Month, the producers of the Toronto Caribbean Carnival (formerly Caribana) will present an interactive timeline documenting the history of Carnival and the celebration of Caribbean heritage in Canada.

Carnival: The Caribbean Expe-

rience is a rich tapestry of artistic expressions from the Carnival Arts, which also highlights other aspects of Caribbean Culture and the achievements of persons of Caribbean ancestry in Canada.

Starting with hundreds of pioneering producers, performers and revelers on University Avenue

and evolving into the spectacle of a million people on Lakeshore Boulevard, the timeline (which was unveiled this week) showcases the richness, growth, and beauty of Caribbean culture.

The Virtual Timeline project aims to be the most comprehensive, collaborative, and accessible resource available.

The collection includes an abundance of images, articles, and videos, all telling a story. Understanding that continued engagement with history is vital as it provides context for the present, the timeline memorializes and commemorates what was, educating current and future generations

of our Carnival Community on their ancestral roots.

During Black History Month, the Toronto Caribbean Carnival reflects on the past, to celebrate Canadian Caribbean heritage, looking towards the future of Carnival Arts post COVID-19.

Visitors are encouraged to ex-

plore, engage, and contribute to the timeline, making it an interactive and living history of the Toronto Caribbean Carnival.

“Whether you’ve built a costume, played in a band, made corn soup, or watched from the stands, we live this adventure together, keeping this tradition alive,” says Joe Halstead, Chair of the Board of Directors of the Festival Management Committee, the production team behind the festival. “We want you to share those memories with us.”

To contribute to the timeline project, virtual visitors can go online to torontocarnival.ca/history to upload their photos, videos, journal entries, and other multi-media materials, which will be selectively reviewed by the archive team for inclusion.



Conservation authority continues work on devastated ash trees

Work continues on the restoration of areas devastated by the emerald ash borer insect.

Credit Valley Conservation (CVC) said Monday that it is continuing work on areas impacted by the invasive insect species at Ratray Marsh, and will be working on the project through mid-March.

Ash trees at Ratray Marsh have been devastated by emerald ash borer (EAB), an invasive insect.

“Dead or dying ash trees are unstable and can fall,” said Aaron Day, Program Manager, Forestry at CVC. “They pose a safety risk to visitors and are a threat to forest health. We are continuing to remove dead standing ash trees in priority sections of the forest.”

CVC staff will also be restoring these sections to prevent invasive plants from filling the gap left by dead or dying ash trees. Invasive plants have

little value for native wildlife and prevent the growth of natural, healthy forests. Staff will continue their work to prevent the growth of invasive plants throughout the summer and fall and plant native trees and shrubs where needed.

“In line with forest restoration best practices, we will not be removing all ash trees. Some of the smaller trees, select mature trees, and most of the cut logs will be left to

provide habitat for wildlife,” said Day.

Since 2014, CVC staff have been injecting select ash trees on its properties with TreeAzin,

an environmentally safe bio-insecticide treatment that helps protect healthy ash trees from becoming infected with EAB.

This treatment will continue over the next 10 years for ecologically significant trees and where funding allows.





Mixed Berry Compote

Want to treat your loved ones with something delicious yet simple, then this amazing delight will make your indulgence even better. For those with a sweet tooth, it is hard to resist desserts. So, here's a sweet dish that can be in just 10 minutes with some

berries, sugar and white wine that you can certainly try at home for your loved ones! Mixed Berry Compote is an easy-to-

make dessert recipe that can be prepared on occasions like kitty party, picnic and even potluck. Use of raspberries, blueberries and blackberries makes it a colourful dessert that can attract your guests easily. So, don't wait much and try this Continental recipe today!

Ingredients of Mixed Berry Compote

6 Servings
 1/2 cup raspberry
 1/2 cup blackberry
 6 tablespoon white wine
 1/2 cup blueberry
 3 cup sugar

How to make Mixed Berry Compote

Step 1 Wash the berries
 To make this simple dessert begin with washing the berries. Drain the

excess water and keep them aside.

Step 2 Mix them with other ingredients
 Take a large bowl in which you want to serve the compote and mix well all the berries, sugar and white wine together. Set in small glasses and put them in refrigerator.

Step 3 Serve chilled!

Cover them and let the compote set for at least 30 minutes before serving.

Tips

To make it more delicious you can add some roasted nuts on top.

The best thing about this dish is that you can make it in just a few minutes.

To make it more awesome, you can also add creamy icing to make it more yummy.



MACARONI PASTA SOUP

Love pastas of all kinds? Then you need to try this soupy version of Macaroni pasta. Made with a number of veggies, this is the tastiest yet healthiest twist you can give to macaroni. All you need to do is first boil macaroni, then saute some veggies together and cook the soup by adding water. Monsoon and winter season are perfect to savour this lip-smacking dishes. You can also serve this delicious macaroni soup in kitty parties and family get together. So, make sure you try this recipe once and enjoy it with your friends and family.

Ingredients of

Macaroni Pasta Soup

1 cup pasta macaroni
 1 tablespoon chopped

garlic
 1/4 cup peas
 1/4 cup chopped green beans
 1/2 teaspoon black pepper
 6 cup water
 1 tablespoon butter
 1/4 cup chopped carrot
 1/4 cup chopped onion
 1/2 cup tomato puree
 salt as required

How to make

Macaroni Pasta Soup

Step 1 Boil pasta
 Add 3 cups of water in a pan, add pasta and let it boil. Let it simmer till the pasta cooks. Once cooked, drain it, run it under cold water and set it aside.

Step 2 Saute onions
 Now heat a tbsp of butter in a pot, add garlic and saute for a minute. Now add onions and cook for another 2 minutes. Add



tomato puree and cook for 2 minutes.

Step 3 Cook the veggies
 Drop all the chopped veggies- carrot, beans, peas in the pot along with 3 cups of water. Let the water boil once. Then

simmer for 3-4 minutes or until the veggies are soft.

Step 4 Add pasta
 Now add the pasta in the pot and cook for the last two minutes. Add salt and black pepper powder in the pot, give a good mix

and switch off the flame.

Step 5 Serve

You can garnish the soup with fresh cream, coriander leaves or any other seasoning of your choice.

Opinion

The path of drugs destroys lives — let's treat it together



**Surjit Singh
Flora**

Column

It always starts out innocently enough.

Drug abuse always starts out with the notion that it can't and won't happen to you.

No one ever intends for or plans on making the switch from recreational use to abuse, but the sudden fall, the impossible transformation that would never happen to you - you're smarter and you know better, you see - it can happen in the blink of an eye.

And it can happen to anyone, no matter how smart, successful, or sure you are.

Meanwhile, illegal drug cartels continue to make, process, lucratively sell and distribute heroin, morphine, fentanyl, pain pills and opioids globally.

These negative thoughts and emotions are generated by things such as traumatic events, when innate needs that cannot be met by everyone cannot

be met, such as not feeling loved, not having a father, and not feeling happy.

Usually, these unmet innate needs and traumatic events occur when young people cannot resolve them psychologically and emotionally or at a very young age, so they cannot be resolved even in adulthood.

They consciously or unconsciously carry negative thoughts and emotions. For example, it's like having an injured or angry inner child in them or part of them still eager to meet unmet needs.

To cope with or suppress these negative thoughts and emotions, they abuse drugs.

The use of a drug on the body for the purpose of temporarily forgetting one's weakness or problem or for false mental satisfaction is called intoxication.

Drug addicts are also mentally ill because addiction becomes more of a mental need than a physical need. It is imperative that such a patient be treated

immediately.

Drugs are used by patients in a variety of ways. These include drinking, eating, sniffing, chewing, sucking, injecting and smoking drugs.

In turn, these cause significant physical problems, such as various types of cancers, diseases of various body parts, paralysis, heart attacks, high blood pressure or impotence.

Diseases such as jaundice, HIV / AIDS, diabetes, infertility in women, blindness or glaucoma, constipation, blockage of nerves, blood clots, etc. can also lead to death.

There may also be illnesses such as dementia, coma, loss of thinking ability, quarrelsome disposition or irritability in nature and stroke.

Problems such as unrest in the family, adverse effects on children's education and brain, incidents of domestic violence, starvation, economic recession or poverty, family death due to drugs can also occur as a result of drug use, not to mention so-

cial problems such as looting, murder, accidents, bad incidents with women and unsafe environment, fights, fear of children or society being affected by a user's actions.

Drugs also affect the country to a large extent. The stagnation in the pace of progress, the vote bank being affected by drugs and the rise of corruption.

A drug addict has several symptoms that may indicate that they are taking drugs.

Although these symptoms are present in other diseases, they can be easily detected in drug addicts, such as redness or redness in the eyes, too much or too little sleep, lack of interest in reading and playing, preferring to be in bad company, getting syringes, vials and medicines from home without a prescription.

A habit of living alone in closed rooms, an irritable nature, entering the house late at night, pronounced blue veins, rapid weight

loss or gain in a short period of time, constant feeling of physical fatigue, fights, white or brown spots under the lips, bad smell in the room and clothes, pain are also identifiers.

Once an addict is identified, they can be treated with several factors in mind, such as empathy, friendliness, practical and calm responses, and patient confidentiality.

Take the patient to the nearest government health center after taking them into confidence, maintain continuity in addiction withdrawal programs, keep in touch with the patient and keep motivating them after recovery.

It is important to keep children or adults away from drugs and to have good habits for a healthy life. By putting some things into practice, we can always stay mentally and physically fit and healthy.

Give your children time each day and play outdoor games with the children, treat the children in a gentle and friendly

manner.

Children always imitate adults, so get rid of drugs first so that children can see you and develop good habits.

Use mobile phones sparingly and allow children to use mobile phones only when they are in great need to avoid mobile addiction and deadly diseases. Get into the habit of going to bed at the right time at night and getting up early in the morning. Take at least one hour of walking and one hour of exercise in the morning. Never use any kind of drugs.

Don't go to alcohol or drug parties yourself or let your children go. Read good books and make it a habit for children to read good books too. Visit historical sites and teach children about history. Eat a balanced diet together as a family.

Discuss current issues in the community at home and encourage children to find solutions.

It's on all of us to make a dent in this path of drugs — and we can do it together.

**BRAMPTON 2040
NURTURING
NEIGHBOURHOODS**

We're going virtual!
Join us online for a walk
in your neighbourhood.

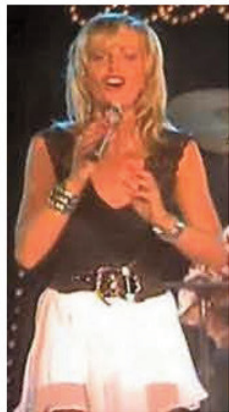
Take the virtual walk experience of your neighbourhood and share your input online!

NOW PLAYING

PEEL WEEKLY NEWS

SMOOTH

RADIO



Music from your years

Have a listen to some great music

Click here